

Movin' Fast

Compte: 48

Mur: 2

Niveau: Improver

Chorégraphe: Nancy Morgan (USA)

Musique: Squeeze Me In - Garth Brooks & Trisha Yearwood



2 HEEL SPREADS, PUT HEEL FORWARD AND TOGETHER, PUT HEEL FORWARD AND TOGETHER

- 1-2 Spread heels apart and put back together
- 3-4 Spread heels apart and put back together
- 5-6 Put right heel forward, put right next to left
- 7-8 Put left heel forward, put left next to right

TOUCH FORWARD AND BACK AND HEEL DROP TOE, TOUCH FORWARD AND BACK AND HEEL DROP TOE

- 1-2 Tap right heel forward, tap right toe back
- 3-4 Put right heel forward, drop toe to ground (weight is on right)
- 5-6 Tap left heel forward, tap left toe back
- 7-8 Put left heel forward, drop toe to ground (weight is on left)

JAZZ BOX WITH ¼ TURN, ½ PIVOT TURN, ¼ PIVOT TURN

- 1-2 Cross right over left, step back on left as you turn ¼ turn to your right
- 3-4 Step right to right side, step forward on left
- 5-6 Step right foot forward, turn ½ turn to left (weight is on left)
- 7-8 Step right foot forward, turn ¼ turn to left (weight is on left)

JAZZ BOX WITH ¼ TURN, 2 ½ TURN PIVOT TURNS

- 1-2 Cross right over left, step back on left as you turn ¼ turn to your right
- 3-4 Step right to right side, step forward on left
- 5-6 Step right foot forward, turn ½ turn to left (weight is on left)
- 7-8 Step right foot forward, turn ½ turn to left (weight is on left)

VINE RIGHT, BRUSH, VINE LEFT WITH ¼ TURN, BRUSH

- 1-2 Step right to right side, step left behind right
- 3-4 Step right to right side, brush left foot forward
- 5-6 Step left to left side, step right behind left
- 7-8 Step left foot forward as you turn ¼ turn to left, brush right foot slightly forward

STEP BACK 3 STEPS, HITCH, STEP, TOGETHER, STEP, STOMP

- 1-2 Step back on right, back on left
- 3-4 Step back on right, hitch with left
- 5-6 Step forward on left, slide right to left
- 7-8 Step forward on left, stomp right next to left

REPEAT
