

Fast Forward

Compte: 0

Mur: 2

Niveau: Improver

Chorégraphe: Larry Schmidt (USA)

Musique: Living In Fast Forward - Kenny Chesney



Sequence: AB, TAG, AB, A, TAG, A, BB, AB to the end

PART A

SHUFFLE RIGHT, ¼ TURN RIGHT, SHUFFLE LEFT, ¼ TURN RIGHT, SHUFFLE RIGHT ¼ TURN RIGHT, SHUFFLE LEFT

- 1&2 Step right foot right, step left next to right, step right foot right
- &3&4 ¼ turn right, step left foot left, step right next to left, step left foot left
- &5&6 ¼ turn right, step right foot right, step left next to right, step right foot right
- &7&8 ¼ turn right, step left foot left, step right next to left, step left foot left

ROCK STEP, VINE RIGHT WITH ¼ TURN, PIVOT ½ TURN, STEP FORWARD

- 1 Rock right behind left
- 2 Replace weight left
- 3 Step right foot right
- 4 Step left behind right
- 5 Turning ¼ right step right foot forward
- 6 Step left foot forward
- 7 Pivot ½ turn right weighting right
- 8 Step left forward

FORWARD ROCK, ½ TURNING SHUFFLE, ½ TURNING SHUFFLE, BACK ROCK

- 1-2 Rock forward on right, replace weight to left
- 3&4 Turn ¼ right stepping right foot to right, step left next to right, turn ¼ right stepping forward with right
- 5&6 Turn ¼ right stepping left foot left, step right next to left, turn ¼ right stepping back with left
- 7-8 Rock back on right, replace weight to left

HOP FORWARD, HOP BACK, WIGGLES

- &1-2 Hop forward (right, left), hold
- &3-4 Hop back (right, left), hold
- &5&6&7&8 With feet and knees together, wiggle knees back and forth right, left, right, left, right, left, right, left, lowering on 1st 4 wiggles and coming back up on the last 4 wiggles

PART B

FORWARD ROCK, BACK COASTER, ½ PIVOT, ½ PIVOT

- 1-2 Rock forward on right, replace weight to left
- 3&4 Step right back, step left next to right, step right forward
- 5-6 Step left forward, pivot ½ right
- 7-8 Step left forward, pivot ½ right

SHUFFLE LEFT, ROCK BEHIND, ¼R SHUFFLE FORWARD, FORWARD ROCK

- 1&2 Step left foot left, step right next to left, step left foot left
- 3-4 Rock step right foot behind left, replace weight to left
- 5&6 ¼ turn right stepping right foot forward, step left next to right, step right foot forward
- 7-8 Rock forward on left, replace weight to right

3 LOCKING SHUFFLES BACK, ROCK BACK

1&2 Step left back, step right across left, step left back
3&4 Step right back, step left across right
5&6 Step left back, step right across left, step left back
7-8 Rock back on right, replace weight to left

FORWARD ROCK, ¼ TURN SHUFFLE RIGHT, CROSS STEP, SLOW UNWIND

1-2 Rock forward on right, replace weight to left
3&4 ¼ turn right stepping right to right side, step left next to right, step right to right side
5 Step left across right
6-7-8 Slow unwind ½ right, weight ending on left

REPEAT

TAG

Same wiggles as counts 29 thru 32

&5&6&7&8 With feet and knees together, wiggle knees back and forth right, left, right, left, right, left, right, left, lowering on 1st 4 wiggles and coming back up on the last 4 wiggles
