

# Fast Forward

Compte: 32

Mur: 4

Niveau:

Chorégraphe: Darren Mitchell (AUS)

Musique: Living In Fast Forward - Kenny Chesney



## HEEL & HEEL & HEEL, HEEL, & HEEL & HEEL & HEEL, HEEL

- 1&2 Touch right heel forward, step right together, touch left heel forward
- &3-4 Step left together, touch right heel forward, touch right heel forward
- &5&6 Step right together, touch left heel forward, step left together, touch right heel forward
- &7-8 Step right together, touch left heel forward, touch left heel forward

## SIDE SHUFFLE, BACK, ROCK FORWARD, SIDE SHUFFLE, BACK, ROCK FORWARD

- 1&2 Side shuffle to the left: left-right-left
- 3-4 Step right back, rock forward onto left
- 5&6 Side shuffle to the right: right-left-right
- 7-8 Step left back, rock forward onto right

## ½ TURN SHUFFLE, BACK, ROCK FORWARD, SHUFFLE FORWARD, COASTER FORWARD

- 1&2 Turn ½ turn right shuffle back: left-right-left
- 3-4 Step right back, rock forward onto left
- 5&6 Shuffle forward: right-left-right
- 7&8 Coaster forward: step left forward, step right together, step left back

## BACK, BACK, ¼ TURN SHUFFLE FORWARD, HIP, HIP, HIP, TOUCH

- 1-2 Step right back, step left back
- 3&4 Turn ¼ turn right shuffle forward: right-left-right
- 5-6 Step left to the side pushing hips left, push hips right
- 7-8 Push hips left, touch right together

## REPEAT

## TAG

At the end of walls 2 (6:00) & 5 (9:00) add the following 4 counts

- 1-2 Step right forward at 45 degrees, touch left together & clap
  - 3-4 Step left back at 45 degrees, touch right together & clap
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