

Fast Women

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Guyton Mundy (USA)

Musique: Good Little Girls - Blue County



RIGHT KICK BALL CHANGE, RIGHT SAILOR STEP, LEFT BEHIND & CROSS ¼ TURN RIGHT, SAILOR WITH ½ TURN

- 1&2 Right kick, step right, step left
- 3&4 Step right behind, step forward on left, step right beside left
- 5&6 Step left behind right, step forward on right turning ¼ to right, step left beside right (3:00)
- 7&8 Step back on right turning ¼ right, step forward on left turning ¼ right, step forward right (9:00)

LEFT HIP WALK, RIGHT HIP WALK, ROCK FORWARD LEFT, LEFT LOCK STEP BACK

- 1&2 Touch left forward bumping left hip, recover weight and bump hip forward again stepping on left
- 3&4 Touch right forward bumping right hip, recover weight and bump hip forward again stepping on right
- 5-6 Rock forward on left, recover on right
- 7&8 Step left back, cross right over left stepping back, step left back

RIGHT LOCK STEP BACK, LEFT ROCK BACK, SHUFFLE FORWARD LEFT, RIGHT, LEFT, WALK FORWARD RIGHT, LEFT

- 1&2 Step right back, cross left over right stepping back, step right back
- 3-4 Rock back on left, recover on right
- 5&6 Shuffle forward left, right, left
- 7-8 Walk forward right, left

STEP FORWARD ON RIGHT TURNING ¼ TO LEFT, LEFT BEHIND & CROSS, RIGHT SIDE ROCK, RIGHT BEHIND & CROSS WITH ¼ TURN TO LEFT, STEP FORWARD ON LEFT

- 1 Step forward on right turning ¼ to left
- 2&3 Step left behind right, step right to right side, cross left in front of right
- 4-5 Side rock on right to right side, recover to left
- 6&7 Step right behind left, step left to left side turning ¼ to left, step forward on right
- 8 Walk forward on left

REPEAT
