

# Fast Back

拍数: 64      墙数: 4      级数: Intermediate east coast swing  
编舞者: Dan Albro (USA)  
音乐: Faster Car - Keith Urban



## TRIPLE RIGHT, LEFT, RIGHT, TRIPLE LEFT, RIGHT, LEFT, FULL TURN TO RIGHT, SHUFFLE SIDE

1&2      Triple right, left, right with body angled to the right  
3&4      Triple left, right, left, with body angled to the left  
5-6      Turn  $\frac{1}{4}$  right stepping forward right, turn  $\frac{1}{2}$  right stepping back left  
7&8      Turn  $\frac{1}{4}$  right, shuffling side right, left, right

## TRIPLE LEFT, RIGHT, LEFT, TRIPLE RIGHT, LEFT, RIGHT, FULL TURN TO LEFT, SHUFFLE SIDE

1&2      Triple left, right, left with body angled to the left  
3&4      Triple right, left, right, with body angled to the right  
5-6      Turn  $\frac{1}{4}$  left stepping forward left, turn  $\frac{1}{2}$  left stepping back right  
7&8      Turn  $\frac{1}{4}$  left shuffling side left, right, left

## JAZZ CROSS & HEEL HOLD & TOE & HEEL &

1-2-3-4      Cross right over left, step back left, step side right, cross left over right  
&5-6      Quickly step back on right, touch left heel angle forward, hold  
&7&8      Quickly step left toward right, touch right toe next to left, step back right, touch left heel forward  
&      Step left toward right

## STEP $\frac{1}{4}$ TURN, JAZZ CROSS & HEEL HOLD &

1-2-3      Step forward right, pivot  $\frac{1}{4}$  left (weight on left), cross right over left  
4-5-6      Step back on left, step side right, cross left over right  
&7-8&      Quickly step back on right, touch left heel forward, hold, step forward left

## WALK, WALK, WALK, SWING $\frac{1}{2}$ TURN, WALK, WALK, WALK, KICK $\frac{1}{4}$

1-2-3      Step forward right, step forward left, step forward right  
4      Turn  $\frac{1}{2}$  right on right swing left around  
5-6-7-8      Step forward left, step forward right, step forward left, turn  $\frac{1}{4}$  left kicking right side

## RIGHT SAILOR, LEFT SAILOR, RIGHT SAILOR $\frac{1}{4}$ TURN, STEP $\frac{1}{2}$ PIVOT

1&2      Cross right behind, step side left, step down on right  
3&4      Cross left behind, step side right, step down on left  
5&6      Cross right behind, turn  $\frac{1}{4}$  right stepping on left, step forward right  
7-8      Step forward left, pivot  $\frac{1}{2}$  right weighting right

## 4 TRIPLE HIP BUMPS FORWARD

1&2      Step forward left bumping hips left, right, left  
3&4      Step forward right bumping hips right, left, right  
5&6      Step forward left bumping hips left, right, left  
7&8      Step forward right bumping hips right, left, right

## ROCK $\frac{1}{2}$ TURN, SHUFFLE, STOMP, STOMP, HIP BUMPS

1-2      Rock forward left, step back on right turning  $\frac{1}{2}$ :left  
3&4      Step forward left, step right next to left, step forward left  
5-6-7&8      Stomp forward right, stamp left side (weight remains on right), bump hips left, right, left

## REPEAT

