

# Fast Car

拍数: 40      墙数: 2      级数: Intermediate  
编舞者: Kash Bane (UK)  
音乐: Fast Car - Tracy Chapman



---

## RIGHT SAILOR STEP, LEFT SAILOR STEP, RIGHT FORWARD ROCK, RIGHT COASTER STEP

1&2      Step right behind left, step left to left side, step right to right side  
3&4      Step left behind right, step right to right side, step left to left side  
5-6      Rock forward on right foot, recover onto left foot  
7&8      Step back on right foot, step left back next to right, step forward on right foot

## WALKS, OUT-OUT-IN, ¼ HOOK TURN, OUT-OUT-IN

1-2      Walk forward left, right  
&3-4      Step left to left side, step right to right side (so feet are shoulder width apart), step left next to right  
5-6      Cross right over left, lock left toes tight to right heel turning a ¼ turn right on ball of right (use your left toe to push right foot into ¼ turn)  
&7-8      Step left to left side, step right to right side (so feet are shoulder width apart), step left next to right

## SWIVELS, WALKS, PADDLE TURNS

1-2      Swivel heels left, then right  
3&4      Travel left by swiveling heels to left, toes to left then heels to left once again  
5-6      Walk forward right, left  
7-8      Turn ¼ left stepping right to right side, turn ½ left stepping right to right side

## ¼ TURNING SAILOR STEP, RIGHT FORWARD ROCK, RIGHT BACK SHUFFLE, ¼ TURNING ROCKING CHAIR

1&2      Step left behind right, do a ¼ turn left stepping right foot to right side, step left foot to left side  
3-4      Rock forward on right foot, recover onto left  
5&6      Step back on right, step left to right, step back on right  
7&8&      Rock forward on left foot, recover on right foot, rock back on left foot making a ¼ turn right, recover on right foot

## WALKS, BALL STEP, STEP, HIP BUMPS, LEFT SIDE SHUFFLE

1-2      Walk forward left, right  
&3-4      Step back on left, step forward on right, step left next to right  
5-6      Bump hips left right  
7&8      Step left to left side, step right foot next to left, step left foot to left side

## REPEAT

---