

# Fast Cars And Freedom

拍数: 32      墙数: 4      级数: Improver  
编舞者: Kash Bane (UK)  
音乐: Fast Cars and Freedom - Rascal Flatts



---

## RONDE, ROCKING CHAIR, HOP, POINT

- 1-2      Ronde right foot from front of you out and behind body
- 3-4      Rock back onto right foot, recover onto left foot (sway hips with the rocking motion)
- 5-6      Rock right foot forward, recover onto left foot (sway hips with rocking motion)
- &7      Make a ¼ turn right hopping right foot to right side, step left next to right
- 8      Point right foot to right side

## DRUNKEN SAILOR, ROCK, ½ SHUFFLE, HEEL GRIND

- 1&2      Step right behind left foot, step left to left side, step forward on right foot (sway with the sailor step if possible)
- 3-4      Rock left foot forward, recover onto right foot
- 5&6      Make a ½ turn over left shoulder stepping left foot forward, close right to left, step left foot forward (alternatively complete a full triple turn over left shoulder)
- 7-8      Step right heel forward, grind to right side

## CROSS ROCK, CHASSE, HEEL GRIND, CROSS ROCK

- 1-2      Rock left foot over right, recover onto right foot
- 3&4      Step left foot to left side, close right next to left, step left to left side
- 5-6      Step right heel forward, grind to right side
- 7-8      Rock left foot over right, recover onto right foot

## CHASSE, ½ TURN, RIGHT MAMBO, KICK BALL POINT

- 1&2      Step left to left side, close right to left, step left to left side
- 3-4      Make a ¼ turn right stepping right foot forward, make a further ¼ turn right stepping left foot forward
- 5&6      Rock right foot forward, recover onto left foot, step right next to left
- 7&8      Kick left foot forward, step down onto left foot, point right foot forward

## REPEAT

---