

# Fast Forward

**COPPER KNOB**  
STEPSHEETS

拍数: 0                      墙数: 2                      级数: Improver  
编舞者: Larry Schmidt (USA)  
音乐: Living In Fast Forward - Kenny Chesney



Sequence: AB, TAG, AB, A, TAG, A, BB, AB to the end

## PART A

### SHUFFLE RIGHT, ¼ TURN RIGHT, SHUFFLE LEFT, ¼ TURN RIGHT, SHUFFLE RIGHT ¼ TURN RIGHT, SHUFFLE LEFT

1&2                      Step right foot right, step left next to right, step right foot right  
&3&4                      ¼ turn right, step left foot left, step right next to left, step left foot left  
&5&6                      ¼ turn right, step right foot right, step left next to right, step right foot right  
&7&8                      ¼ turn right, step left foot left, step right next to left, step left foot left

### ROCK STEP, VINE RIGHT WITH ¼ TURN, PIVOT ½ TURN, STEP FORWARD

1                      Rock right behind left  
2                      Replace weight left  
3                      Step right foot right  
4                      Step left behind right  
5                      Turning ¼ right step right foot forward  
6                      Step left foot forward  
7                      Pivot ½ turn right weighting right  
8                      Step left forward

### FORWARD ROCK, ½ TURNING SHUFFLE, ½ TURNING SHUFFLE, BACK ROCK

1-2                      Rock forward on right, replace weight to left  
3&4                      Turn ¼ right stepping right foot to right, step left next to right, turn ¼ right stepping forward with right  
5&6                      Turn ¼ right stepping left foot left, step right next to left, turn ¼ right stepping back with left  
7-8                      Rock back on right, replace weight to left

### HOP FORWARD, HOP BACK, WIGGLES

&1-2                      Hop forward (right, left), hold  
&3-4                      Hop back (right, left), hold  
&5&6&7&8                      With feet and knees together, wiggle knees back and forth right, left, right, left, right, left, right, left, lowering on 1st 4 wiggles and coming back up on the last 4 wiggles

## PART B

### FORWARD ROCK, BACK COASTER, ½ PIVOT, ½ PIVOT

1-2                      Rock forward on right, replace weight to left  
3&4                      Step right back, step left next to right, step right forward  
5-6                      Step left forward, pivot ½ right  
7-8                      Step left forward, pivot ½ right

### SHUFFLE LEFT, ROCK BEHIND, ¼R SHUFFLE FORWARD, FORWARD ROCK

1&2                      Step left foot left, step right next to left, step left foot left  
3-4                      Rock step right foot behind left, replace weight to left  
5&6                      ¼ turn right stepping right foot forward, step left next to right, step right foot forward  
7-8                      Rock forward on left, replace weight to right

### 3 LOCKING SHUFFLES BACK, ROCK BACK

1&2 Step left back, step right across left, step left back  
3&4 Step right back, step left across right  
5&6 Step left back, step right across left, step left back  
7-8 Rock back on right, replace weight to left

**FORWARD ROCK, ¼ TURN SHUFFLE RIGHT, CROSS STEP, SLOW UNWIND**

1-2 Rock forward on right, replace weight to left  
3&4 ¼ turn right stepping right to right side, step left next to right, step right to right side  
5 Step left across right  
6-7-8 Slow unwind ½ right, weight ending on left

**REPEAT**

**TAG**

**Same wiggles as counts 29 thru 32**

&5&6&7&8 With feet and knees together, wiggle knees back and forth right, left, right, left, right, left, right, left, lowering on 1st 4 wiggles and coming back up on the last 4 wiggles

---