

Fast Forward

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 2 级数: Improver
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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
