

Fast Forward

拍数: 32 墙数: 4 级数: Beginner two step
编舞者: Kactus Keith Doughty (USA)
音乐: Living In Fast Forward - Kenny Chesney



LINDY RIGHT-LINDY LEFT CROSS ROCK RIGHT LEFT RIGHT

1&2 Lindy right-left-right
3&4 Lindy left-right-left
5&6 Cross rock right over left & rock back on left
7&8 Shuffle right-left-right

ROCK LEFT OVER RIGHT AND BACK ON RIGHT SHUFFLE LEFT RIGHT LEFT RIGHT TOE HEEL LEFT TOE HEEL

1&2 Rock left over right & back on right
3&4 Shuffle left, right, right
5-6 Right toe heel
7-8 Left toe heel toe heel

TOE HEEL SHUFFLE FORWARD RIGHT & LEFT AND LEFT & RIGHT

1-2 Right toe heel
3-4 Left toe heel
5&6 Shuffle forward at angle right right, left, right
7&8 Shuffle forward at angle left, left, right, left

STEP RIGHT TURN ¼ TURN LEFT STOMP RIGHT & LEFT & LEG ROLLS

1-2 Step forward right turn ¼ left
3-4 Stomp right stomp left
5-6 Roll right leg forward & out
7-8 Roll left leg forward & out

REPEAT
