

Fast Forward

拍数: 40 墙数: 4 级数: Improver
编舞者: Kathleen Slattery (USA)
音乐: Living In Fast Forward - Kenny Chesney



ROCK, RECOVER, RIGHT SAILOR, TURN (OR WALK, WALK), MAMBO

1-2 Side rock on right, recover on left
3&4 Right sailor step
5-6 Full turn to right or walk left, walk right
7&8 Left forward mambo step

STEP ½ TURN LEFT, RIGHT SHUFFLE, ROCK, RECOVER, CROSS, STEP, CROSS

1-2 Step right forward, turn ½ left
3&4 Right shuffle
5-6 Side rock on left, recover on right
7&8 Left foot behind right, right foot to right side, left foot cross over right

RIGHT VINE WITH A TRIPLE, CROSS ROCK, RECOVER ¼ LEFT TRIPLE

1-2 Right foot to right side, left foot behind right
3&4 Right side shuffle
5-6 Cross/rock left over right
7&81 ¼ turn to left with a triple

FULL TURN LEFT (OR WALK RIGHT, WALK LEFT), RIGHT SHUFFLE, ROCK, RECOVER, COASTER

1-2 Full turn to left or walk, walk
3&4 Right shuffle forward
5-6 Rock left forward, recover on right
7&8 Left coaster

STEP ½ TURN LEFT, SHUFFLE, STEP ½ TURN RIGHT, SHUFFLE

1-2 Step right foot forward, turn ½ left
3&4 Right shuffle forward
5-6 Step left foot forward, turn ½ right
7&8 Left shuffle forward

REPEAT
