

# Fast Track

拍数: 32      墙数: 2      级数: Beginner  
编舞者: Rosalee  
音乐: Rolling in My Sweet Baby's Arms - Boxcar Willie



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## RIGHT TOE TOUCH, STEP FORWARD; LEFT TOE TOUCH, STEP FORWARD; (REPEAT)

1-2      Right toe touch to the right, step forward on right  
3-4      Left toe touch to the left, step forward on left  
5-6      Right toe touch to the right, step forward on right  
7-8      Left toe touch to the left, step forward on left

## BACK TOE HEEL STRUTS X 4 - RIGHT, LEFT, RIGHT, LEFT

1-2      Right toe back, bring heel to the floor  
3-4      Left toe back, bring heel to the floor  
5-6      Right toe back, bring heel to the floor  
7-8      Left toe back, bring heel to the floor

## RIGHT VINE WITH HALF TURN AND HITCH; LEFT VINE WITH TOUCH

1-2      Step right to side, cross-step left behind right  
3-4      Step right to the side with  $\frac{1}{4}$  turn right, complete half turn and hitch left foot  
5-6      Step left to the side, cross-step right behind left  
7-8      Step left to the side, touch right beside left

## PADDLE TURNS X 4

1-2      Right foot step forward, pivot  $\frac{1}{4}$  turn to the left (on balls of both feet)  
3-4      Right foot step forward, pivot  $\frac{1}{4}$  turn to the left (on balls of both feet)  
5-6      Right foot step forward, pivot  $\frac{1}{4}$  turn to the left (on balls of both feet)  
7-8      Right foot step forward, pivot  $\frac{1}{4}$  turn to the left (on balls of both feet)

**REPEAT**

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