

Nowhere Fast

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Susanne Oates (UK) - 2008
音乐: Nowhere Fast - Josh Turner : (CD: Everything Is Fine)



Or Music:

I'm Ready by Bryan Adams [Best Of Me / Available on iTunes]

These Broken Hearts by Vince Gill [Next Big Thing / Available on iTunes]

Walk, Walk, Rock Turn $\frac{1}{4}$, Cross Shuffle, Turn $\frac{1}{4}$, $\frac{1}{4}$, Cross

1-2 Step right forward, step left forward
3&4 Rock right forward, recover on left, turn $\frac{1}{4}$ right, stepping right to right side
5&6 Cross left over right, step right to side, cross left over right
7&8 Turn $\frac{1}{4}$ left, stepping right back, turn $\frac{1}{4}$ left, stepping left to left side, cross right over left

Rock Turn $\frac{1}{4}$, Step, Pivot $\frac{1}{4}$, Step, Rock Turn $\frac{1}{2}$, Pivot $\frac{1}{4}$, Step

9&10 Rock left to side, turn $\frac{1}{4}$ right, recovering onto right, step left forward
11&12 Step right forward, pivot $\frac{1}{4}$ left, step right forward
13&14 Rock left forward, recover onto right, turn $\frac{1}{2}$ left, stepping left forward
15&16 Step right forward, pivot $\frac{1}{4}$ left, step right forward, (12:00)

Turning Grapevine Twice, Mambo Forward, Rock Back

17&18 Turn $\frac{1}{4}$ right, stepping left to left side, cross right behind left turn $\frac{1}{4}$ left, stepping left forward
19&20 Turn $\frac{1}{4}$ left, stepping right to right side, cross left behind right turn $\frac{1}{4}$ right, stepping right forward
21&22 Rock left forward, recover onto right, step left beside right, (12:00)
23-24 Rock right back, recover onto left

Rock Turn $\frac{1}{2}$, Triple Full Turn, Pivot $\frac{1}{4}$, Step, Cross Unwind $\frac{1}{2}$ Turn

25&26 Rock right forward, recover onto left, turn $\frac{1}{2}$ right, stepping right forward
27&28 Turn $\frac{1}{4}$ right, stepping left to left side, turn $\frac{1}{2}$ right, stepping right to right side, turn $\frac{1}{4}$ right, stepping left forward

RESTART here on 7th wall, (12:00)

29&30 Step right forward, pivot $\frac{1}{4}$ left, step right slightly forward
31-32 Sweep left over and across right, unwind $\frac{1}{2}$ turn right, keeping weight on left

Repeat

RESTART: On wall 7 AFTER count 28, start again from the beginning