

Fast As You

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Sonja Hemmes (USA) - August 2016
音樂: Fast As You - Dwight Yoakam : (Album: Last Chance for a Thousand Years)



Start on Lyrics:

S1: WALK FORWARD RIGHT, LEFT, SHUFFLE, ROCK FORWARD, COASTER BACK

1-2 Walk forward right, left
3&4 Shuffle forward stepping right foot forward, left behind right, right forward
5-6 Rock forward left, recover weight back on right
7&8 Step left foot back, step right next to left, step left forward

S2: TOE STRUTS FORWARD (RIGHT AND LEFT), TRIPLE BACK (2X)

1-4 Touch right toe forward, drop right heel, touch left toe forward, drop left heel
5&6 Step right foot back, step left foot in front of right, step right foot back
7&8 Step left foot back, step right in front of left, step left foot back

S3: ROCK BACK, TRIPLE 1/2 LEFT, ROCK BACK, TRIPLE 1/4 RIGHT □□

1-2 Rock back on right foot, return weight on left foot
3&4 Step right foot back, step left foot turning 1/2 left, step right foot forward
5-6 Rock left foot back, return weight on right
7&8 Step left foot forward, step right foot to side turning 1/4 right, step left foot forward

S4: RIGHT ROCK FORWARD, TRIPLE 1/4 TURN RIGHT, ROCK FORWARD, COASTER BACK

1-2 Rock forward on right foot, recover on left foot
3&4 Step right foot forward, step left foot turning 1/4 right, step right foot forward
5-6 Rock forward on left foot, return weight on right foot
7&8 Step back on left foot, step right foot next to left, step left foot forward

S5: SHUFFLE TO THE RIGHT, ROCK BACK, SHUFFLE TO THE LEFT ROCK BACK

1&2 Step right to right side, step left next to right, step right to right side
3-4 Rock back on left foot, return weight on right foot
5&6 Step left to left side, step right next to left, step left to left side
7-8 Rock back on right foot and return weight on left foot

S6: SHUFFLE FORWARD MAKING 1/4 TURN RIGHT, ROCK FORWARD, COASTER STEP, STEP FORWARD ON RIGHT, PIVOT HALF LEFT, STEP FORWARD LEFT

1&2 Step right foot to right side turning 1/4 right, step left beside right, forward on right
3-4 Rock forward on left, recover on right
5&6 Step back on left, step right beside left, step forward on left
7-8 Step forward on right, pivot half turn left stepping on left

****4 TAGS: □

*1ST TAG: 3rd rotation, 6 o'clock wall, dance first 16 counts, then rock back, rock forward

**2nd TAG: Dance counts 24 – 32, then rock forward, rock back, and Restart the dance

***3rd TAG: 6th rotation, 12 o'clock wall, dance first 16 counts, then rock back, rock forward

****4th TAG: Dance counts 24 – 32, then rock forward, rock back, and Restart the dance

#2 RESTARTS: 1st is after 2nd Tag and 2nd is after 4th Tag