

Fast Forward

COPPER KNOB
BY STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner +
編舞者: Travis Wright (USA) - November 2018
音樂: Fast Forward (Fwd) by Jaicko Cani



This is a dance I learned and I have been teaching to my beginners. It is my interpretation of the dance with turning options.

A huge thanks to Travis Wright for choreographing this dance and a Special Thank You to Jonno Liberman for his help in creating the step sheet.

Intro: approx. 16 counts, start on words I WISH THAT WE COULD SKIP

[1-8] WALK FORWARD RLR, KICK L, WALK BACK RLRL

1-4 Step R forward, Step L forward, Step R forward, Kick L forward
5-8 Step back R, Step back L, Step back R, Step back L touch L

[9-16] SIDE HOP R, HOLD, SIDE HOP R, HOLD, WALK FORWARD RLRL

&1,2 Hop to R side RL, Hold
&3,4 Hop to R side RL, Hold
5-8 Step R forward, Step L forward, Step R forward, Step L forward, touch L

[17-24] SIDE HOP L, HOLD, SIDE HOP L, HOLD, WALK BACK RLRL

&1,2 Hop to L side LR, Hold
&3,4 Hop to L side LR, Hold
5 Step R back, Step L back, Step R back Step L back, Touch L

[25-32] POINT R, HOLD ½ L HINGE TURN, HOLD, L SIDE BEHIND CROSS SIDE

1-4 Point R to right side, step Hold, swing L ½ turn to right, Hold 6:00
5-8 Step R behind L, Step L to left side, Cross R over left, Step L to left side.

Turning option #1 a traveling turn: Prep your body, step L 1/4 left on count 6. Then, do a left ½ turn stepping back on R and a ¼ on L to the left for counts 7-8

Turning option #2 a rolling turn: 4 ½ turns

I like to do add claps to the side Hop Holds

Begin again. Enjoy!

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