

# Fast Hearts and Slow Towns

**COPPER** KNOB  
BY STEPHEN METELNICK

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - August 2019  
音樂: Fast Hearts and Slow Towns - Midland



Start after 40 count intro approx. 21.5secs on the word 'Silverado' when they sing 'That Old Silverado Truck'  
Music Available: Amazon - No Tags/Restarts

## [1-8] Grapevine right, R chassé, L back rock/recover

1-4            Step R side, cross step L behind R, step R side, cross step L over R  
5&6           Step R side, step L together, step R side  
7-8            Rock L back, recover weight on R

## [9-16] Grapevine left with ¼ L & R fwd, L fwd rock/recover, L coaster

1-4            Step L side, cross step R behind L, turning ¼ left step L forward, step R forward (9 o'clock)  
5-6            Rock L forward, recover weight on R  
7&8            Step L back, step R together, step L forward

## [17-24] R diag fwd, lock L behind R, R lock step fwd on diagonal, L fwd rock/recover, L chassé turning ¾th left

1-2            On right diagonal step R forward, lock L behind R  
3&4            On right diagonal step R forward, lock L behind R, step R forward  
5-6            Rock L forward, recover weight on R  
7&8            Step L to left side, step R together, turning ¾th L step L forward (6 o'clock)

## [25-32] R fwd, ¼ L pivot turn, R cross shuffle, L side rock/recover, L behind/side/cross

1-2            Step R forward, pivot ¼ left (3 o'clock)  
3&4            Cross step R over L, step L side, cross step R over L  
5-6            Rock L side, recover weight on R  
7&8            Cross step L behind R, step R side, cross step L over R

**ENDING:** To finish facing front wall on wall 10 execute counts 25-30 adding a ½ L turning coaster for counts 31&32 to face front!

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**\*\*Please Note:** we like to check and approve all Videos of our dances before they are linked to this site.- A&P