

# Fast Hearts & Slow Towns

拍數: 64                      牆數: 4                      級數: High Beginner  
編舞者: Alexandra Schmitt (DE) - September 2019  
音樂: Fast Hearts and Slow Towns - Midland



Notes: 2 Restarts, Easy Ending

The Dance starts after 40 counts. The first step is on the word „Silverado“.

## S1: Step, Touch, Back, Touch, Side, Close, Step, Hold

1-2                      Diagonal step forward on R (1), touch L next to R (2)  
3-4                      Diagonal step back on L (3), touch R next to L (4)  
5-6                      Step R to right (5), step L next to R (6)  
7-8                      Step forward on R (7), hold (8)

## S2: Rock Forward, ¼ Turn L, Rocking Chair (Rock Forward, Rock Back), Step

1-2                      Step forward on L (1), recover weight back onto R (2)  
3                        Step ¼ turn left on L (3) (9:00)  
4-5                      Step forward on R (4), recover weight back onto L (5)  
6-7                      Step back on R (6), recover weight back onto L (7)  
8                        Step forward on R (8)

## S3: Step, Pivot ½ Turn R, Step, Sweep Forward-Cross, R+L, Back

1-2                      Step forward on L (1), ½ turn R (weight on R) (2) (3:00)  
3-4                      Step forward on L (3), sweep R forward over L (4)  
5-6                      Cross R over L (5), sweep L forward over R (6)  
7-8                      Cross L over R (7), step back on R (8)

## S4: Shuffle Back ½ Turning L, Shuffle Forward ½ Turning L, Coaster Step, Touch

1&2                      ½ turn left stepping L (1), R (&), L (2) (9:00)  
3&4                      ½ turn left stepping R (3), L (&), R (4) (3:00)  
5-6-7                    Step back on L (5), step R next to L (6), step forward on L (7)  
8                        Touch R next to L (8)

(1. Restart: Wall 3 - 9:00)

(2. Restart: Wall 4 - 12:00)

## S5: Scissor Step-Hold, R +L

1-4                      Step R to right (1), step L next to R (2), cross R over L (3), hold (4)  
5-8                      Step L to left (5), step R next to L (6), cross L over R (7), hold (8)

## S6: Side, Behind, Side, Cross, Side, Pivot ¼ Turn L, Step, Point

1-2                      Step R to right (1), step L behind R (2)  
3-4                      Step R to right (3), cross L over R (4)  
5-6                      Step R to right (5), ¼ turn L (weight on L) (6) (12:00)  
7-8                      Step forward on R (7), point L to left (8)

## S7: Cross, Point, R+L, Rock Forward, Shuffle Back Turning ½ L

1-2                      Cross L over R (1), point R to right (2)  
3-4                      Cross R over L (3), point L to left (4)  
5-6                      Step forward on L (5), recover weight back onto R (6)  
7&8                      ½ turn left stepping L (7), R (&), L (8) (6:00)

## S8: Shuffle Forward, Cross Rock, Sailor Step Turning ¼ L, Touch

1&2                      Step forward on R (1), step L next to R (&), step forward on R (2)

3-4 Step L across R (3), recover weight back onto R (4)  
5-6-7 ¼ turn left stepping L behind R (5) (3:00), step R next to L (6), step forward on L (7)  
8 Touch R next to L (8)

**Start again.**

**End of the dance here after wall 5 at 6:00 with the ending sequence.**

**Ending:**

**Step, Pivot ½ Turn L, Step**

1-2-3 Step forward on R (1), ½ turn L (weight on L) (2) (12:00), step forward on R (3)

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