

# Fast Forward

COPPER KNOB  
BY SHEETS

拍數: 40      牆數: 4      級數: Beginner  
編舞者: Luke Shrimpton (UK) - July 2023  
音樂: Fast Forward - Shellyann



Music available on Spotify Here:

<https://open.spotify.com/track/6RJm3SKSwVNO18QoW4NKMZ?si=dc6c1fc568ec47d7>

## #8 Count Intro - No tags – 1 Restart

### [1-8]: Shoop R, Shoop L

- 1 Step right to right diagonal
- 2 Step left to right
- 3 Step right to right diagonal
- 4 Touch Left next to right
- 5 Step left to left diagonal
- 6 Step right to left
- 7 Step left to left diagonal
- 8 Touch right next to left

### [9-16]: Back Touches With Claps x4

- 9 Step diagonally back on right
- 10 Touch left next to right and clap
- 11 Step diagonally back on left
- 12 Touch right next to left and clap
- 13-16 Repeat counts 9-12

(restart here wall 4)

### [17-24]: Grapevine R, Slap, Grapevine L Slap

- 17 Step right to right side
- 18 Step left behind right
- 19 Step right to right side
- 20 Flick left foot behind right and slap with right hand
- 21 Step left to left side
- 22 Step right behind left
- 23 Step left to left side
- 24 Flick right behind left and slap with left hand

### [25-32]: R Heel x2, Right Toe x2, Step R ¼ Turn, Stomp R,L

- 25 Place right heel forward
- 26 Place right heel forward
- 27 Touch right toe back
- 28 Touch right toe back
- 29 Step forward right
- 30 Pivot ¼ turn left to face 9 O'clock
- 31 Stomp right foot in place
- 32 Stomp left foot in place

### [33-40]: Monterey ¼ turns x2

- 33 Point right foot to right side
- 34 Turn a ¼ right to face 12 O'clock while bringing right foot together
- 35 Point left to left side

36

Step left foot in place

37-40

Repeat counts 33-36 to end facing 3 O'clock

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