

# Fast Forward

拍數: 64      牆數: 4      級數:  
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音樂: Living In Fast Forward - Kenny Chesney



## FORWARD CROSS SHUFFLE STEPS

1&2      Cross step R over L, shuffle step.  
3&4      Cross step L over R, shuffle step  
5&6      Repeat 1&2  
7&8      Repeat 3&4

## RIGHT ROCK FORWARD SHUFFLE ½ TURN

1,2      R step forward, step back on  
3,4      Pivot to R ½ turn, shuffle RLR  
5,6      L rock forward step back on R.  
7,8      Pivot to L ½ turn, shuffle LRL

## SIDE BALL CHANGE, STEP ¼ TURN

1&2      Touch R to Rt side, as right steps down, touch L to Lft side  
3,4 a      s left steps home R step forward, pivot ½ turn to L

## RIGHT SIDE ROCK, CROSS SHUFFLE, LEFT SIDE ROCK CROSS SHUFFLE

5,6      R step to Rt side, rock step on L.  
7&8      Cross R over L, shuffle RLR  
1,2      L steps to left side, rock step on R.  
3&4      Cross L over R, shuffle LRL

## SIDE TOUCH, RIGHT HEEL, LEFT HEEL, ROLLING VINE FWRD

5,6,7,8      Touch R to Rt side, Rt home touch Left to Left side, Left home  
1,2      Rt heel forward, heel home  
3,4      Left heel forward, heel home  
5,6,7,8      Rolling vine forward RLRL (body turning left)

## SHUFFLE FORWARD, SHUFFLE BACK

1&2, 3&4      two shuffle steps forward LRL, RLR  
5&6, 7&8      two shuffle steps backward LRL, RLR

## MODIFIED, MONTERREY, FULL TURN

1-8      touch L ft to Left foot side, step L behind Rt , unwind real slow. Turn body slowly in place 360 degrees to Left LRL