

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