

# Movin' Fast

拍數: 48      牆數: 2      級數: Improver  
編舞者: Nancy Morgan (USA)  
音樂: Squeeze Me In - Garth Brooks & Trisha Yearwood



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## 2 HEEL SPREADS, PUT HEEL FORWARD AND TOGETHER, PUT HEEL FORWARD AND TOGETHER

1-2      Spread heels apart and put back together  
3-4      Spread heels apart and put back together  
5-6      Put right heel forward, put right next to left  
7-8      Put left heel forward, put left next to right

## TOUCH FORWARD AND BACK AND HEEL DROP TOE, TOUCH FORWARD AND BACK AND HEEL DROP TOE

1-2      Tap right heel forward, tap right toe back  
3-4      Put right heel forward, drop toe to ground (weight is on right)  
5-6      Tap left heel forward, tap left toe back  
7-8      Put left heel forward, drop toe to ground (weight is on left)

## JAZZ BOX WITH ¼ TURN, ½ PIVOT TURN, ¼ PIVOT TURN

1-2      Cross right over left, step back on left as you turn ¼ turn to your right  
3-4      Step right to right side, step forward on left  
5-6      Step right foot forward, turn ½ turn to left (weight is on left)  
7-8      Step right foot forward, turn ¼ turn to left (weight is on left)

## JAZZ BOX WITH ¼ TURN, 2 ½ TURN PIVOT TURNS

1-2      Cross right over left, step back on left as you turn ¼ turn to your right  
3-4      Step right to right side, step forward on left  
5-6      Step right foot forward, turn ½ turn to left (weight is on left)  
7-8      Step right foot forward, turn ½ turn to left (weight is on left)

## VINE RIGHT, BRUSH, VINE LEFT WITH ¼ TURN, BRUSH

1-2      Step right to right side, step left behind right  
3-4      Step right to right side, brush left foot forward  
5-6      Step left to left side, step right behind left  
7-8      Step left foot forward as you turn ¼ turn to left, brush right foot slightly forward

## STEP BACK 3 STEPS, HITCH, STEP, TOGETHER, STEP, STOMP

1-2      Step back on right, back on left  
3-4      Step back on right, hitch with left  
5-6      Step forward on left, slide right to left  
7-8      Step forward on left, stomp right next to left

**REPEAT**

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