

# Not That Fast

拍數: 32      牆數: 4      級數: Improver  
編舞者: Birgitte Kyhn Beinov (DK)  
音樂: Living In Fast Forward - Kenny Chesney



## ROCK STEP, CHASSE RIGHT, ROCK STEP, TRIPLE STEP ½ TURN LEFT

1-2      Rock forward on right, recover on to left  
3&4      Chassé to the right side right-left-right  
5-6      Rock forward on left, recover on to right  
7&8      ¼ turn left on left, step right next to left, ¼ turn left on left

## SYNCOPATED GRAPEVINE RIGHT, & HEEL, POINT ¼ TURN RIGHT

1-2      Step right to right side, cross left behind right  
&3-4      Step right to right, cross left over right, step right to right side  
5&6      Cross left behind right, step right beside left, touch left heel diagonally forward left  
&7-8      Step left next to right, point right to right side, ¼ turn right closing right beside left (weight on right)

## ROCK STEP, SHUFFLE ½ TURN LEFT, SHUFFLE FORWARD, SHUFFLE ½ TURN RIGHT

1-2      Rock forward on left, recover on to right  
3&4      Left shuffle back making ½ turn left - left, right, left  
5&6      Right shuffle forward right, left, right  
7&8      Left shuffle forward making ½ turn right, stepping left, right left

## BACK ROCK STEP, KICK BALL CHANGE, CROSS UNWIND, LEFT COASTER STEP

1-2      Rock back on right, recover on to left  
3&4      Kick right forward, step right next to left, step left in place  
5-6      Cross right over left, unwind ½ turn left (weight on right)  
7&8      Step back on left, step right next to left, step forward on left

## REPEAT

## TAG

At the end of wall 2 and 5

## ROCKING CHAIR

1-4      Rock forward on right, recover on to left, rock back on right recover on to left