

Fast Back

拍數: 64 牆數: 4 級數: Intermediate east coast swing
編舞者: Dan Albro (USA)
音樂: Faster Car - Keith Urban



TRIPLE RIGHT, LEFT, RIGHT, TRIPLE LEFT, RIGHT, LEFT, FULL TURN TO RIGHT, SHUFFLE SIDE

1&2 Triple right, left, right with body angled to the right
3&4 Triple left, right, left, with body angled to the left
5-6 Turn $\frac{1}{4}$ right stepping forward right, turn $\frac{1}{2}$ right stepping back left
7&8 Turn $\frac{1}{4}$ right, shuffling side right, left, right

TRIPLE LEFT, RIGHT, LEFT, TRIPLE RIGHT, LEFT, RIGHT, FULL TURN TO LEFT, SHUFFLE SIDE

1&2 Triple left, right, left with body angled to the left
3&4 Triple right, left, right, with body angled to the right
5-6 Turn $\frac{1}{4}$ left stepping forward left, turn $\frac{1}{2}$ left stepping back right
7&8 Turn $\frac{1}{4}$ left shuffling side left, right, left

JAZZ CROSS & HEEL HOLD & TOE & HEEL &

1-2-3-4 Cross right over left, step back left, step side right, cross left over right
&5-6 Quickly step back on right, touch left heel angle forward, hold
&7&8 Quickly step left toward right, touch right toe next to left, step back right, touch left heel forward
& Step left toward right

STEP $\frac{1}{4}$ TURN, JAZZ CROSS & HEEL HOLD &

1-2-3 Step forward right, pivot $\frac{1}{4}$ left (weight on left), cross right over left
4-5-6 Step back on left, step side right, cross left over right
&7-8& Quickly step back on right, touch left heel forward, hold, step forward left

WALK, WALK, WALK, SWING $\frac{1}{2}$ TURN, WALK, WALK, WALK, KICK $\frac{1}{4}$

1-2-3 Step forward right, step forward left, step forward right
4 Turn $\frac{1}{2}$ right on right swing left around
5-6-7-8 Step forward left, step forward right, step forward left, turn $\frac{1}{4}$ left kicking right side

RIGHT SAILOR, LEFT SAILOR, RIGHT SAILOR $\frac{1}{4}$ TURN, STEP $\frac{1}{2}$ PIVOT

1&2 Cross right behind, step side left, step down on right
3&4 Cross left behind, step side right, step down on left
5&6 Cross right behind, turn $\frac{1}{4}$ right stepping on left, step forward right
7-8 Step forward left, pivot $\frac{1}{2}$ right weighting right

4 TRIPLE HIP BUMPS FORWARD

1&2 Step forward left bumping hips left, right, left
3&4 Step forward right bumping hips right, left, right
5&6 Step forward left bumping hips left, right, left
7&8 Step forward right bumping hips right, left, right

ROCK $\frac{1}{2}$ TURN, SHUFFLE, STOMP, STOMP, HIP BUMPS

1-2 Rock forward left, step back on right turning $\frac{1}{2}$:left
3&4 Step forward left, step right next to left, step forward left
5-6-7&8 Stomp forward right, stamp left side (weight remains on right), bump hips left, right, left

REPEAT

