

Fast Car

拍數: 40 牆數: 2 級數: Intermediate
編舞者: Kash Bane (UK)
音樂: Fast Car - Tracy Chapman



RIGHT SAILOR STEP, LEFT SAILOR STEP, RIGHT FORWARD ROCK, RIGHT COASTER STEP

1&2 Step right behind left, step left to left side, step right to right side
3&4 Step left behind right, step right to right side, step left to left side
5-6 Rock forward on right foot, recover onto left foot
7&8 Step back on right foot, step left back next to right, step forward on right foot

WALKS, OUT-OUT-IN, ¼ HOOK TURN, OUT-OUT-IN

1-2 Walk forward left, right
&3-4 Step left to left side, step right to right side (so feet are shoulder width apart), step left next to right
5-6 Cross right over left, lock left toes tight to right heel turning a ¼ turn right on ball of right (use your left toe to push right foot into ¼ turn)
&7-8 Step left to left side, step right to right side (so feet are shoulder width apart), step left next to right

SWIVELS, WALKS, PADDLE TURNS

1-2 Swivel heels left, then right
3&4 Travel left by swiveling heels to left, toes to left then heels to left once again
5-6 Walk forward right, left
7-8 Turn ¼ left stepping right to right side, turn ½ left stepping right to right side

¼ TURNING SAILOR STEP, RIGHT FORWARD ROCK, RIGHT BACK SHUFFLE, ¼ TURNING ROCKING CHAIR

1&2 Step left behind right, do a ¼ turn left stepping right foot to right side, step left foot to left side
3-4 Rock forward on right foot, recover onto left
5&6 Step back on right, step left to right, step back on right
7&8& Rock forward on left foot, recover on right foot, rock back on left foot making a ¼ turn right, recover on right foot

WALKS, BALL STEP, STEP, HIP BUMPS, LEFT SIDE SHUFFLE

1-2 Walk forward left, right
&3-4 Step back on left, step forward on right, step left next to right
5-6 Bump hips left right
7&8 Step left to left side, step right foot next to left, step left foot to left side

REPEAT
