

# Fast Forward

拍數: 32      牆數: 4      級數: Beginner two step  
編舞者: Kactus Keith Doughty (USA)  
音樂: Living In Fast Forward - Kenny Chesney



---

## LINDY RIGHT-LINDY LEFT CROSS ROCK RIGHT LEFT RIGHT

1&2      Lindy right-left-right  
3&4      Lindy left-right-left  
5&6      Cross rock right over left & rock back on left  
7&8      Shuffle right-left-right

## ROCK LEFT OVER RIGHT AND BACK ON RIGHT SHUFFLE LEFT RIGHT LEFT RIGHT TOE HEEL LEFT TOE HEEL

1&2      Rock left over right & back on right  
3&4      Shuffle left, right, right  
5-6      Right toe heel  
7-8      Left toe heel toe heel

## TOE HEEL SHUFFLE FORWARD RIGHT & LEFT AND LEFT & RIGHT

1-2      Right toe heel  
3-4      Left toe heel  
5&6      Shuffle forward at angle right right, left, right  
7&8      Shuffle forward at angle left, left, right, left

## STEP RIGHT TURN ¼ TURN LEFT STOMP RIGHT & LEFT & LEG ROLLS

1-2      Step forward right turn ¼ left  
3-4      Stomp right stomp left  
5-6      Roll right leg forward & out  
7-8      Roll left leg forward & out

**REPEAT**

---