

Fast Forward

拍數: 32 牆數: 4 級數: Improver
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音樂: Living In Fast Forward - Kenny Chesney



STEP TOUCH, STEP TOUCH, ROCK STEP, BACK TOUCH

1-2 Step forward on right, touch left toes to left
3-4 Step forward on left, touch right toes to right
5-6 Rock forward on right, step left in place
7-8 Step back on right, touch left to left

WALK FORWARD, TOUCH, KICK AND TOUCH (TWICE)

1-2 Walk forward left, right
3-4 Step forward on left, touch right toes right
5&6 Kick right forward, step on right touch left next to right
7&8 Kicks left forward, step on left touch right next to left

PIVOT TURN SHUFFLE, PIVOT TURN SHUFFLE

1-2 Step right forward, pivot $\frac{1}{2}$ turn left
3&4 Shuffle forward right, left, right
5-6 Step left forward, pivot $\frac{1}{4}$ right
7&8 Shuffle forward left, right, left

KICK-BALL CROSS, UNWIND $\frac{1}{2}$ TURN, HIPS

1&2- Kick right forward, step right in place, cross left over right
3-4 Unwind $\frac{1}{2}$ turn right (end with weight on left)
5-6 Bump hips left twice
7-8 Bump hips right, left

REPEAT

TAG

At end wall 2 and wall 5

1-2 Step right forward pivot $\frac{1}{2}$ turn left
3-4 Step right forward pivot $\frac{1}{2}$ turn left
