

# Fast Forward

拍數: 32      牆數: 4      級數:  
編舞者: Darren Mitchell (AUS)  
音樂: Living In Fast Forward - Kenny Chesney



## HEEL & HEEL & HEEL, HEEL, & HEEL & HEEL & HEEL, HEEL

1&2      Touch right heel forward, step right together, touch left heel forward  
&3-4      Step left together, touch right heel forward, touch right heel forward  
&5&6      Step right together, touch left heel forward, step left together, touch right heel forward  
&7-8      Step right together, touch left heel forward, touch left heel forward

## SIDE SHUFFLE, BACK, ROCK FORWARD, SIDE SHUFFLE, BACK, ROCK FORWARD

1&2      Side shuffle to the left: left-right-left  
3-4      Step right back, rock forward onto left  
5&6      Side shuffle to the right: right-left-right  
7-8      Step left back, rock forward onto right

## ½ TURN SHUFFLE, BACK, ROCK FORWARD, SHUFFLE FORWARD, COASTER FORWARD

1&2      Turn ½ turn right shuffle back: left-right-left  
3-4      Step right back, rock forward onto left  
5&6      Shuffle forward: right-left-right  
7&8      Coaster forward: step left forward, step right together, step left back

## BACK, BACK, ¼ TURN SHUFFLE FORWARD, HIP, HIP, HIP, TOUCH

1-2      Step right back, step left back  
3&4      Turn ¼ turn right shuffle forward: right-left-right  
5-6      Step left to the side pushing hips left, push hips right  
7-8      Push hips left, touch right together

## REPEAT

## TAG

At the end of walls 2 (6:00) & 5 (9:00) add the following 4 counts

1-2      Step right forward at 45 degrees, touch left together & clap  
3-4      Step left back at 45 degrees, touch right together & clap

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