

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
