

Fast Forward

拍數: 32 牆數: 4 級數: Improver
編舞者: Michael Scoggins (USA)
音樂: Living In Fast Forward - Kenny Chesney



WALK-SHUFFLE-½ TURN-HIP BUMPS

1-2 Walk forward left/right
3&4 Shuffle forward left-right-left
5-6 Touch right toe across left foot, ½ turn left
7-8 Bump hips right-left-right

WALK-SHUFFLE-¼ TURN-HIP BUMP

1-2 Walk forward left/right
3&4 Shuffle forward left-right-left
5-6 Step forward on right turn, ¼ turn left
7-8 Bump hips right-left

STAR BURST

1& Touch right toe to right side & step right beside left
2& Touch left toe to left side & step left beside right
3& Making ¼ turn left touch right toe back & step right beside left
4& Touch left heel forward & step left beside right
5& Touch right toe to right side & step right beside left
6& Touch left toe to left side & step left beside right
7& Touch right heel forward & step right beside left
8 Touch left toe back

SHUFFLE ¼ TURN MONETARY TURN

1&2 Shuffle forward left-right-left
3-4 Step forward on right turn ¼ turn left
5-6 Touch right toe to right side & turn ½ turn to right step down on right
7-8 Touch left toe to left side & touch left toe beside right

REPEAT

TAG

1-4 Hip roll 4 count (on 2&5 wall)