

Fast Forward (P)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 0 級數: Partner
編舞者: Renegade Rich & Debi Krajcsovics (USA)
音樂: Living In Fast Forward - Kenny Chesney



Position: Cape position, Facing LOD. Man & lady's foot work are the same unless noted

SHUFFLE FORWARD RIGHT, LEFT, RIGHT, LEFT, RIGHT, LEFT, RIGHT, LEFT, RIGHT, ROCK STEP

1&2-3&4 Shuffle forward right, left, right left, right, left
5&6-7-8 Shuffle forward right, left, right rock forward on left foot, rock back on right foot

SHUFFLE BACK LEFT, RIGHT, LEFT, ¼ STEP, CROSS, STEP, BEHIND, ¼ TURN RIGHT ON RIGHT FOOT, STEP FORWARD ON LEFT

1&2-3-4 Shuffle back left, right, left, making ¼ turn right, step right foot side right, step left foot over right
5-6-7-8 Step right foot side right, step left foot behind right foot, make ¼ turn right on right foot, step forward on left foot

SHUFFLE RIGHT, LEFT, RIGHT LEFT, RIGHT, LEFT, ROCK STEP, STEP TOUCH

Both man & lady facing RLOD in Reverse Cape Position

1&2-3&4 Shuffle forward right, left, right left, right, left
5-6-7-8 Rock forward on right foot, rock back on left foot, step back on right foot, touch left foot next to right

CROSSING VINE WITH A TOUCH, STEP, TURN, STEP, TOUCH

Lady crosses in front of man and both are in Cape Position on count 4

1-2-3-4 **MAN:** Step side left on left foot, step right foot behind left, step side left on left foot, touch right foot next to left
LADY: Cross step left foot over right foot, step side right on right foot, cross left foot behind right, touch right foot next to left

On next 4 counts man lets go of lady's left hand, taking right hand over her head, and after count 8, connect left hands behind both bodies

5-6-7-8 Step forward on right foot, ½ turn left on left foot, step forward on right foot, scuff left foot forward

SHUFFLE FORWARD LEFT, RIGHT, LEFT, RIGHT, LEFT, RIGHT, LEFT, RIGHT, LEFT, ROCK STEP

1&2-3&4 Shuffle forward left, right, left, right, left, right
5&6-7-8 Shuffle forward left, right, left rock forward on right foot, rock back on left foot

MAKING ¼ TURN RIGHT, CHASSE RIGHT, CROSS ROCK, CHASSE LEFT, ANGLE STEP, KICK

Man will now be in front of lady facing OLOD

1&2-3-4 Making ¼ turn right step side right on right foot, step left foot next to right, step side right on right foot, cross rock left foot over right, rock back on right foot
5&6-7-8 Step side left on left foot, step right foot next to left, step side left on left foot, cross step right foot over left foot, while on angle kick left foot forward

CROSS BEHIND, STEP, CROSS OVER, ¼ STEP, STEP, ½ TURN, SHUFFLE LEFT, RIGHT, LEFT

1-2-3-4 Still facing OLOD, step left foot behind right, step side right on right foot, cross left foot over right foot, turn ¼ turn right on right foot (RLOD)

Let go of lady's left hand, taking right hand over lady's head, coming back to LOD with man on outside in Reverse Cape Position

5-6-7&8 Step forward on left foot, make ½ turn right on right foot, shuffle forward left, right, left

WALK FORWARD RIGHT, LEFT, SHUFFLE RIGHT, LEFT, RIGHT, ½ TURN, ½ TURN, SHUFFLE LEFT, RIGHT, LEFT

1-2-3&4 Walk forward right, left, shuffle forward right, left, right

You are in reverse cape position man on left of lady facing LOD. Both man & lady are now going to do a full turn left. When finish doing steps 5,6, man will be on left of lady facing LOD in Cape Position

5-6-7&8 Both man & lady make ¼ turn left on left foot, man stepping towards lady's space, pivot ¾ turn left on ball of left foot stepping forward on right foot, shuffle forward left, right, left

You are now back in Cape Position facing LOD

REPEAT
