

# Fast Forward XX

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver west coast swing  
編舞者: Norman Gifford (USA)  
音樂: Living In Fast Forward - Kenny Chesney



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## TWO STEPS FORWARD, SHUFFLE STEPS TURNING ½ LEFT, ROCK, REPLACE, SIDE-BALL CHANGE

1-2      Walk forward (right, left)  
3&4      Shuffle steps forward turning ½ left (right-left-right) (6:00)  
5-6      Left rock back, right replace forward  
7&8      Left toe touch side, left together, right touch side

## ROCK-STEP BACK, REPLACE, SHUFFLE STEPS FORWARD, LEFT JAZZ BOX

1-2      Right rock-step back, left step forward  
3&4      Shuffle steps forward (right-left-right)  
5-6      Left crossover, right recover in place  
7-8      Left step side, right step forward

## ROCK-STEP FORWARD, REPLACE, TRIPLE STEPS TURNING ¾ LEFT, ROCK FORWARD, REPLACE, TRIPLE STEPS TURNING ½ RIGHT

1-2      Left rock-step forward, right replace  
3&4      Triple step turning ¾ left (left-right-left) (9:00)  
5-6      Right rock-step forward, left replace back  
7&8      Triple step turning ½ right (right-left-right) (3:00)

## SYNCOPATED SIDE-BALL CHANGES, KICK, KICK, COASTER STEP

1-2a      Left toe touch side, hold, left together  
3-4a      Right toe touch side, hold, right together  
5-6      Left kick forward (twice)  
7&8      Left step back, right together, left step forward

## REPEAT

## TAG

Done only after the 3:00 wall the first two times through (you will be facing the 6:00 wall)

## JAZZ BOX WITH A ¼ TURN RIGHT

1-2      Right crossover, left step back  
3-4      Right step into 3rd position turning ¼ right, left step forward

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