

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



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
