

Fast Fwd

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Mark Simpkin (AUS) & Kate Moore (AUS)
音樂: Living In Fast Forward - Kenny Chesney



WALK, WALK, WALK, BALL, STEP, TOUCH FORWARD, SIDE, SAILOR STEP

1-2-3&4 Step left forward, step right forward, step left forward, step right to side, step left forward
5-6-7&8 Touch right toe forward, touch right toe to side, right sailor step

BEHIND, SIDE CROSS, KICK, BALL CROSS, SIDE, REPLACE, BEHIND, SIDE CROSS

1&2-3&4 Cross left behind right, step right to side, cross right over left, kick right forward, step right together, cross left over right
5-6-7&8 Step right to side, recover on left, cross right behind left, step left to side, cross right over left

SIDE, HOLD, BALL, STEP, ¼ PIVOT, HEEL JACK, BALL CROSS, KICK, BALL CROSS

1-2&3-4 Step left to side, hold, step right together, step left to side, turn ¼ right (weight to right)
&5&6-7&8 Step left back, touch right heel forward, step right together, cross left over right, kick right diagonally forward, step right together, cross left over right

Facing right diagonal (4:30)

ROCK, REPLACE, TRIPLE STEP full turn RIGHT, ROCK, REPLACE, TRIPLE STEP 540 DEGREES LEFT

The next 8 counts maintain the 4:30/10:30 diagonal

1-2-3&4 Rock right forward, recover on left, triple in place turning a full turn right stepping right, left, right (4:30)
5-6-7&8 Rock left forward, recover on right, triple in place turning a full turn and a half stepping left, right, left (10:30)

SHUFFLE, FORWARD, REPLACE, BALL, STEP, WALK, SHUFFLE

The next 8 counts maintain the 11:00, diagonal

1&2-3-4 Shuffle forward stepping right, left, right, rock left forward, recover on right
&5-6-7&8 Step left together, step right forward, step left forward, shuffle forward stepping right, left, right (10:30)

FORWARD, REPLACE, ½ SHUFFLE, ½ SHUFFLE, TOUCH BACK, UNWIND ½

The next 8 counts maintain the 10:30/4:30 diagonal

1-2-3&4 Rock left forward, recover on right, turn ½ left and shuffle LEFT FORWARD, right, left
5&6-7-8 Turn ½ left and shuffle RIGHT BACK, left, right, touch left toe back, unwind ½ left (weight to left, 4:30)

WEAVE LEFT, HEEL JACK, BALL, ROCK, REPLACE, SIDE BALL, CROSS

Straighten up to the 6:00 wall

1&2&3&4 Cross right over left, step left to side, cross right behind left, step left to side, cross right over left, step left to side, touch right heel diagonally forward
&5-6-7&8 Step right together, cross/rock left over right, recover on right, step left to side, step right together, cross left over right (facing 6:00)

RIGHT SIDE SHUFFLE, TOUCH, UNWIND ½, ROCK REPLACE, BALL, STEP, ½ PIVOT

1&2-3-4 Shuffle to side stepping right, left, right, touch left behind right, unwind ½ left (weight to left)
5-6&7-8 Rock right forward, recover on left, step right together, step left forward, turn ½ right (weight to right)

REPEAT

TAG

At the end of the 1st wall, add 4 counts

1&2 Step left forward, step right together, step left back

3&4 Step right back, step left together, step right forward

During wall 6, after count 32; add 4 counts

1&2 Step right forward, step left together, step right back

3&4 Step left back, step right together, step left forward

Then continue dance from count 33 (facing 10:30)
