

# Fast Girl

拍數: 48      牆數: 2      級數: Improver  
編舞者: Rich Beard (USA)  
音樂: Fast Girl - The Tractors



## TOE, HEEL, BACK COASTER - TOE, HEEL, BACK COASTER

1-2            Point right toe to inside of left, touch right heel next to left  
3&4           Right back, left back next to right, right forward  
5-6           Point left toe to inside of right foot, touch left heel next to right  
7&8           Left back, right back next to left, left forward

## STEP, LOCK, STEP, BRUSH - STEP, LOCK, STEP, BRUSH

1-2            Step right forward, slide left forward and to the outside of right (weight left)  
3-4            Step right forward and brush left  
5-6            Step left forward, slide right forward and to the outside of left (weight right)  
7-8            Step left forward and brush right

## ¼ LEFT, ¼ LEFT - JAZZ BOX

1-2            Step right forward, pivot ¼ turn left shift weight to left  
3-4            Step right forward, pivot ¼ turn left shift weight to left  
5-6            Cross right over left, step back on left  
7-8            Step right to the side, touch left next to right

## GRAPEVINE LEFT - GRAPEVINE RIGHT

1-2            Step left to left side, cross right behind left  
3-4            Step left to left side, touch right beside left  
5-6            Step right to right side, cross left behind right  
7-8            Step right to right side, step left beside right

## TOE HEEL SWIVELS LEFT & RIGHT - TOE-HEEL, TOE-HEEL

1-2            Swivel left heel left on ball of left foot and right toes right on heel of right foot, return to center  
3-4            Swivel right heel right on ball of right foot and left toes left on heel of left foot, return to center  
5-6            Step back on right toe, drop right heel  
7-8            Step back on left toe, drop left heel

## TOE HEEL SWIVELS LEFT & RIGHT - TOE-HEEL, TOE-HEEL

1-3            Swivel left heel left on ball of left foot and right toes right on heel of right foot, return to center  
3-5            Swivel right heel right on ball of right foot and left toes left on heel of left foot, return to center  
5-6            Step back on right toe, drop right heel  
7-8            Step back on left toe, drop left heel

**REPEAT**

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