

# The Fastest Dance In The World - Backwards!

**COPPER** KNOB  
STEPSHEETS

拍數: 32                      牆數: 2                      級數: Intermediate  
編舞者: Julie Davies (UK) - January 2007  
音樂: Backwards - Rascal Flatts : (Album: Me And My Gang)



**One restart - no tags! - starts on the vocals - at manic speed!**

## **RIGHT SAILOR, LEFT SAILOR, KICK BALL STEP, KICK BALL STEP**

1 & 2                      Cross Right Behind Left. Step Left To Left Side. Step Right To Place.  
3 & 4                      Cross Left Behind Right. Step Right To Right Side. Step Left To Place  
5 & 6                      Kick Right Forward. Step Right Beside Left. Step forward left  
7 & 8                      Kick Right Forward. Step Right Beside Left. Step forward left.

## **CROSS AND HEEL, AND CROSS AND HEEL, AND BACK AND BACK AND BACK AND BACK**

1&2                      cross right over left, step back on the left, and tap your right heel forward  
&3&4                      step right to the side, cross left over right, step back on the right, and tap your left heel forward.  
&5&6&7&8                      step back on your left foot, step back right, close your left foot next to right, step back on the right, close your left foot next to right and repeat twice more.(weight ends up on your right)

## **AND CROSS AND HEEL, AND CROSS AND HEEL, AND BACK AND BACK AND BACK AND BACK**

&1&2                      Step left to the side, cross right over left, step back on the left, and tap your right heel forward  
&3&4                      step right to the side, cross left over right, step back on the right, and tap your left heel forward.  
&5&6&7&8                      step back on your left foot, step back right, close your left foot next to right, step back on the right, close your left foot next to right and repeat twice more.(weight ends up on your right)

## **WALK FORWARD LEFT RIGHT LEFT RIGHT, STEP PIVOT HALF TURN, TRIPLE FULL TURN (TO YOUR RIGHT)**

1,2,3,4,                      walk forward left, right, left, right  
5,6,7&8                      step forward on the left, pivot a half turn right and do a triple full turn to the right stepping left, right, left (or replace with a left shuffle forwards)

**DURING the 7th wall the music slows down. you will have just completed the two sailor steps, and will be facing the front wall - hold whilst he sings C.R.A.P. then Restart the dance again. End the dance when the music slows right down and he sings b a c k w a r d s very slowly..(finish facing front).**

Enjoy! Oh, and, don't forget to breathe!

Thank you to Andy for suggesting this song! (pass the oxygen)..

Song available for download from itunes.