拍數： 48
牆數： 4
級數：Easy Intermediate
編舞者：Sebastiaan Holtland（NL）－May 2010
音樂：Fast Life－Hadise


Intro： 32 count（ 16 sec ）
S1：1－8 Out，Out，Back，Cross，Side Point，Hold， $1 / 2$ Paddle Turn L

| $1-2$ | Step Rf out to the right side，step Lf out to the left side take weight onto both feet（12：00） |
| :--- | :--- |
| $3-4$ | Step back on Rf，and cross Lf over Rf weight onto Lf |
| $5-6$ | Point Rf out to the right side，HOLD |
| $7-8$ | Turn $1 / 4$ left（9）and point Rf out to right，continue a $1 / 4$ turn left（6） |
| Wall 6 \＃\＃2nd |  | | Restart Point \＃\＃ |
| :--- |

S2：9－16 Step Lock \＆Step Lock 1／4 L，Pivot 1／2 L，Continue 1／2 L，Back，Together
1－2\＆Step Rf forward diagonal right，lock Lf behind Rf，step Rf forward diagonal right
3－4\＆Step Lf forward diagonal left，lock Rf behind Lf，make 1／4 turn to Left（3）stepping Lf next to Rf weight onto Lf
5－6 Step forward on Rf，making a 1／4 turn left（9）and take weight onto Lf
7－8 Continue a $1 / 2$ turn left（3）and stepping back onto Rf，and step Lf next to Rf weight onto both feet

S3：17－24 Back，Heel Fwd，Replace－Together，Fwd Rock／Recover， $1 / 4$ Turn R，Side Rock／Recover
1－2 Step back on Rf，and bring L heel forward（Toes Up）holding weight onto Rf（3）
3－4 Step Lf back in place，and step Rf next to Lf weight onto both feet
5－6 Rock forward on Rf，recover on Lf weight onto Lf
7－8 Making a $1 / 4$ turn right（6）and rock Rf to the right side，recover on Lf weight onto Lf
Wall 3 \＃\＃1st Restart Point \＃\＃
S4：25－32 Together，Side Rock／Recover，Behind，1／4 Turn R，Fwd，Lock step Fwd，Pivot 1／4 L
\＆1－2 Step Rf next to Lf，and rock Lf to the left side，recover on Rf（6：00）
3－4 Step Lf behind Rf，making a $1 / 4$ turn right（9）and step forward on Rf weight onto Rf
5\＆6 Step forward on Lf，lock Rf behind Lf，and step forward on Lf weight onto Lf
7－8 Step forward on Rf，making a $1 / 4$ turn left（6）and take weight onto Lf
S5：33－40 Side，Hold，Side，Hold，Sailor Half R \＆Cross，Side，Hold，Behind Side Cross
1－2 Step Rf out to the right side，HOLD
3\＆4 Cross Rf behind Lf，making a $1 / 2$ turn right（12）and step Lf to the left side，and cross Rf over Lf take weight onto Lf
5－6 Step Rf out to the right side，HOLD
7\＆8 Cross Lf behind Rf，and step Rf to the right side，and cross Lf over Rf weight onto Lf（12：00）
S6：41－48 Toe Splits，HOLD，Together，HOLD，Fwd Rock／Recover， $1 / 4$ Turn R，Side Rock／Recover
\＆1－2（Toe splits）Step diagonal forward on $R$ heel and step diagonal forward on $L$ heel and split both toes out（\＆1），HOLD
\＆3－4 Step both feet together（\＆3），HOLD
5－6 Rock forward on Rf，recover on Lf weight onto Lf
7－8 Making a $1 / 4$ turn right（3）and rock Rf to the right side，recover on Lf weight onto Lf

## Restarts Wall 3 \＆6：

－1st Restart after count 24 （Facing 12 o＇clock）
－2nd Restart after count 8 （Facing 12 o＇clock）
Start Again！

