

Fast Forward

Count: 0

Wall: 2

Level: Improver

Choreographer: Larry Schmidt (USA)

Music: Living In Fast Forward - Kenny Chesney



Sequence: AB, TAG, AB, A, TAG, A, BB, AB to the end

PART A

SHUFFLE RIGHT, ¼ TURN RIGHT, SHUFFLE LEFT, ¼ TURN RIGHT, SHUFFLE RIGHT ¼ TURN RIGHT, SHUFFLE LEFT

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|------|---|
| 1&2 | Step right foot right, step left next to right, step right foot right |
| &3&4 | ¼ turn right, step left foot left, step right next to left, step left foot left |
| &5&6 | ¼ turn right, step right foot right, step left next to right, step right foot right |
| &7&8 | ¼ turn right, step left foot left, step right next to left, step left foot left |

ROCK STEP, VINE RIGHT WITH ¼ TURN, PIVOT ½ TURN, STEP FORWARD

- | | |
|---|---|
| 1 | Rock right behind left |
| 2 | Replace weight left |
| 3 | Step right foot right |
| 4 | Step left behind right |
| 5 | Turning ¼ right step right foot forward |
| 6 | Step left foot forward |
| 7 | Pivot ½ turn right weighting right |
| 8 | Step left forward |

FORWARD ROCK, ½ TURNING SHUFFLE, ½ TURNING SHUFFLE, BACK ROCK

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|-----|--|
| 1-2 | Rock forward on right, replace weight to left |
| 3&4 | Turn ¼ right stepping right foot to right, step left next to right, turn ¼ right stepping forward with right |
| 5&6 | Turn ¼ right stepping left foot left, step right next to left, turn ¼ right stepping back with left |
| 7-8 | Rock back on right, replace weight to left |

HOP FORWARD, HOP BACK, WIGGLES

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|----------|--|
| &1-2 | Hop forward (right, left), hold |
| &3-4 | Hop back (right, left), hold |
| &5&6&7&8 | With feet and knees together, wiggle knees back and forth right, left, right, left, right, left, right, left, lowering on 1st 4 wiggles and coming back up on the last 4 wiggles |

PART B

FORWARD ROCK, BACK COASTER, ½ PIVOT, ½ PIVOT

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|-----|--|
| 1-2 | Rock forward on right, replace weight to left |
| 3&4 | Step right back, step left next to right, step right forward |
| 5-6 | Step left forward, pivot ½ right |
| 7-8 | Step left forward, pivot ½ right |

SHUFFLE LEFT, ROCK BEHIND, ¼R SHUFFLE FORWARD, FORWARD ROCK

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|-----|--|
| 1&2 | Step left foot left, step right next to left, step left foot left |
| 3-4 | Rock step right foot behind left, replace weight to left |
| 5&6 | ¼ turn right stepping right foot forward, step left next to right, step right foot forward |
| 7-8 | Rock forward on left, replace weight to right |

3 LOCKING SHUFFLES BACK, ROCK BACK

1&2	Step left back, step right across left, step left back
3&4	Step right back, step left across right
5&6	Step left back, step right across left, step left back
7-8	Rock back on right, replace weight to left

FORWARD ROCK, ¼ TURN SHUFFLE RIGHT, CROSS STEP, SLOW UNWIND

1-2	Rock forward on right, replace weight to left
3&4	¼ turn right stepping right to right side, step left next to right, step right to right side
5	Step left across right
6-7-8	Slow unwind ½ right, weight ending on left

REPEAT

TAG

Same wiggles as counts 29 thru 32

5&6&7&8	With feet and knees together, wiggle knees back and forth right, left, right, left, right, left, right, left, lowering on 1st 4 wiggles and coming back up on the last 4 wiggles
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