

# Fast Forward

**Count:** 40

**Wall:** 4

**Level:** Improver

**Choreographer:** Kathleen Slattery (USA)

**Music:** Living In Fast Forward - Kenny Chesney



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## ROCK, RECOVER, RIGHT SAILOR, TURN (OR WALK, WALK), MAMBO

- 1-2 Side rock on right, recover on left
- 3&4 Right sailor step
- 5-6 Full turn to right or walk left, walk right
- 7&8 Left forward mambo step

## STEP ½ TURN LEFT, RIGHT SHUFFLE, ROCK, RECOVER, CROSS, STEP, CROSS

- 1-2 Step right forward, turn ½ left
- 3&4 Right shuffle
- 5-6 Side rock on left, recover on right
- 7&8 Left foot behind right, right foot to right side, left foot cross over right

## RIGHT VINE WITH A TRIPLE, CROSS ROCK, RECOVER ¼ LEFT TRIPLE

- 1-2 Right foot to right side, left foot behind right
- 3&4 Right side shuffle
- 5-6 Cross/rock left over right
- 7&8 ¼ turn to left with a triple

## FULL TURN LEFT (OR WALK RIGHT, WALK LEFT), RIGHT SHUFFLE, ROCK, RECOVER, COASTER

- 1-2 Full turn to left or walk, walk
- 3&4 Right shuffle forward
- 5-6 Rock left forward, recover on right
- 7&8 Left coaster

## STEP ½ TURN LEFT, SHUFFLE, STEP ½ TURN RIGHT, SHUFFLE

- 1-2 Step right foot forward, turn ½ left
- 3&4 Right shuffle forward
- 5-6 Step left foot forward, turn ½ right
- 7&8 Left shuffle forward

## REPEAT

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