

Not That Fast

拍数: 32 墙数: 4 级数: Improver
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音乐: Living In Fast Forward - Kenny Chesney



ROCK STEP, CHASSE RIGHT, ROCK STEP, TRIPLE STEP ½ TURN LEFT

1-2 Rock forward on right, recover on to left
3&4 Chassé to the right side right-left-right
5-6 Rock forward on left, recover on to right
7&8 ¼ turn left on left, step right next to left, ¼ turn left on left

SYNCOPATED GRAPEVINE RIGHT, & HEEL, POINT ¼ TURN RIGHT

1-2 Step right to right side, cross left behind right
&3-4 Step right to right, cross left over right, step right to right side
5&6 Cross left behind right, step right beside left, touch left heel diagonally forward left
&7-8 Step left next to right, point right to right side, ¼ turn right closing right beside left (weight on right)

ROCK STEP, SHUFFLE ½ TURN LEFT, SHUFFLE FORWARD, SHUFFLE ½ TURN RIGHT

1-2 Rock forward on left, recover on to right
3&4 Left shuffle back making ½ turn left - left, right, left
5&6 Right shuffle forward right, left, right
7&8 Left shuffle forward making ½ turn right, stepping left, right left

BACK ROCK STEP, KICK BALL CHANGE, CROSS UNWIND, LEFT COASTER STEP

1-2 Rock back on right, recover on to left
3&4 Kick right forward, step right next to left, step left in place
5-6 Cross right over left, unwind ½ turn left (weight on right)
7&8 Step back on left, step right next to left, step forward on left

REPEAT

TAG

At the end of wall 2 and 5

ROCKING CHAIR

1-4 Rock forward on right, recover on to left, rock back on right recover on to left