

# Fast Fwd

拍数: 64      墙数: 2      级数: Intermediate  
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音乐: Living In Fast Forward - Kenny Chesney



## WALK, WALK, WALK, BALL, STEP, TOUCH FORWARD, SIDE, SAILOR STEP

1-2-3&4      Step left forward, step right forward, step left forward, step right to side, step left forward  
5-6-7&8      Touch right toe forward, touch right toe to side, right sailor step

## BEHIND, SIDE CROSS, KICK, BALL CROSS, SIDE, REPLACE, BEHIND, SIDE CROSS

1&2-3&4      Cross left behind right, step right to side, cross right over left, kick right forward, step right together, cross left over right  
5-6-7&8      Step right to side, recover on left, cross right behind left, step left to side, cross right over left

## SIDE, HOLD, BALL, STEP, ¼ PIVOT, HEEL JACK, BALL CROSS, KICK, BALL CROSS

1-2&3-4      Step left to side, hold, step right together, step left to side, turn ¼ right (weight to right)  
&5&6-7&8      Step left back, touch right heel forward, step right together, cross left over right, kick right diagonally forward, step right together, cross left over right

Facing right diagonal (4:30)

## ROCK, REPLACE, TRIPLE STEP full turn RIGHT, ROCK, REPLACE, TRIPLE STEP 540 DEGREES LEFT

The next 8 counts maintain the 4:30/10:30 diagonal

1-2-3&4      Rock right forward, recover on left, triple in place turning a full turn right stepping right, left, right (4:30)  
5-6-7&8      Rock left forward, recover on right, triple in place turning a full turn and a half stepping left, right, left (10:30)

## SHUFFLE, FORWARD, REPLACE, BALL, STEP, WALK, SHUFFLE

The next 8 counts maintain the 11:00, diagonal

1&2-3-4      Shuffle forward stepping right, left, right, rock left forward, recover on right  
&5-6-7&8      Step left together, step right forward, step left forward, shuffle forward stepping right, left, right (10:30)

## FORWARD, REPLACE, ½ SHUFFLE, ½ SHUFFLE, TOUCH BACK, UNWIND ½

The next 8 counts maintain the 10:30/4:30 diagonal

1-2-3&4      Rock left forward, recover on right, turn ½ left and shuffle LEFT FORWARD, right, left  
5&6-7-8      Turn ½ left and shuffle RIGHT BACK, left, right, touch left toe back, unwind ½ left (weight to left, 4:30)

## WEAVE LEFT, HEEL JACK, BALL, ROCK, REPLACE, SIDE BALL, CROSS

Straighten up to the 6:00 wall

1&2&3&4      Cross right over left, step left to side, cross right behind left, step left to side, cross right over left, step left to side, touch right heel diagonally forward  
&5-6-7&8      Step right together, cross/rock left over right, recover on right, step left to side, step right together, cross left over right (facing 6:00)

## RIGHT SIDE SHUFFLE, TOUCH, UNWIND ½, ROCK REPLACE, BALL, STEP, ½ PIVOT

1&2-3-4      Shuffle to side stepping right, left, right, touch left behind right, unwind ½ left (weight to left)  
5-6&7-8      Rock right forward, recover on left, step right together, step left forward, turn ½ right (weight to right)

REPEAT

## **TAG**

**At the end of the 1st wall, add 4 counts**

1&2                Step left forward, step right together, step left back

3&4                Step right back, step left together, step right forward

**During wall 6, after count 32; add 4 counts**

1&2                Step right forward, step left together, step right back

3&4                Step left back, step right together, step left forward

**Then continue dance from count 33 (facing 10:30)**

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