(In The) Fast Lane

拍数: 32

级数: Improver

编舞者: Kathy Sharpe (USA)

音乐: Get In Line - The Chammps

FORWARD, ROCK, ½ TURN SHUFFLE, ¼ TURN PIVOT, HEEL SWITCHES

- 1-2 Step forward on right foot, rock back onto left
- &3&4 Pivot on ball of left foot, 1/2 turn right, shuffle forward right, left, right
- 5-6 Step left forward, pivot 1/4 turn right ending with weight on right foot
- 7&8 Touch left heel forward, step right foot together with left, touch right heel forward

AND, WALK, STOMP, HEEL SWIVELS, FORWARD, ROCK, TRIPLE STEP WITH 3/4 TURN RIGHT

- &1-2 Step right foot together with left, step forward on left, stomp right foot next to left
- &3&4 Swivel both heels right, then left, right, left while bending knees slightly
- 5-6 Step forward on right foot, rock weight back onto left foot
- 7&8 Triple step in place (right, left, right) while turning ³/₄ turn to right

STEP LEFT, TOUCH RIGHT, STEP RIGHT, TOUCH LEFT, CROSS OVER, STEP, TRIPLE IN PLACE Step touches are done while song says "step to the left, step to the right

- 1-4 Step to left on left, touch right toe next to left and snap fingers, step to right on right, touch left toe next to right and snap fingers
- 5-6 Cross left foot over right, step slightly back on right
- 7&8 Triple step in place (left, right, left)

WEAVE RIGHT (4 COUNTS), STEP RIGHT, ROCK, TOUCH, HOLD WITH DOUBLE CLAP

- 1-4 Step to right on right foot, cross left foot behind right, step to right on right, cross left foot over right
- 5-7 Step right on ball of right foot, rock weight back onto left, touch right toe next to left
- &8 Hold (with weight still on left foot) and clap twice

REPEAT





墙数:2