級數：Intermediate social cha contra dance

編舞者：Levi J．Hubbard（USA）
音樂：Living In Fast Forward－Kenny Chesney

Position：Dancers will form 2 or 4 lines with every other dancer facing the opposite wall
SHUFFLE FORWARD，WALK FORWARD，SHUFFLE FORWARD，WALK FORWARD
$1 \& 2 \quad$ Shuffle forward，stepping（right－left－right）
3 Step left forward
4
5\＆6
Step right forward
Shuffle forward，stepping（left－right－left）
Step right forward
Step left forward

## SIDE SHUFFLE（RIGHT）BACK ROCK－RECOVER，ROLLING VINE（LEFT）

9\＆10 Shuffle right，stepping（right－left－right）
11
Cross（rock）left behind right，slightly lifting right off floor
Lower right foot back to floor（recover）
Turning $1 / 4$ turn left，step left forward
Turning $1 / 4$ turn left，step right to side
Turning $1 / 2$ turn left，step left to side
Touch right toe together while clapping hands
FORWARD ROCK－RECOVER，BACK ROCK－RECOVER， $1 ⁄ 2$ PIVOT TURN（LEFT）， $1 ⁄ 2$ SHUFFLE TURN
（LEFT）
17
Step（rock）right forward，slightly lifting left off floor
Lower left foot back to floor（recover）
Step（rock）right backward，slightly lifting left off floor
Lower left foot back to floor（recover）
Step right forward
On（balls of）both feet，pivot $1 / 2$ turn left
23\＆24 Shuffle $1 / 2$ turn left，stepping（right－left－right）
This is a stationary shuffle turn，you will basically turn in place without moving back

## BACK ROCK－RECOVER， $1 ⁄ 2$ SHUFFLE TURN（RIGHT），BACK ROCK－RECOVER

25 Step（rock）left backward，while slightly lifting right off floor
26 Lower right foot back to floor（recover）
27\＆28 Shuffle $1 / 2$ turn right，stepping（left－right－left）
This is a stationary shuffle turn，you will basically turn in place without moving back
29
30
Step（rock）right backward，while slightly lifting left off floor
Lower left foot back to floor（recover）
31
Stomp right in place
Stomp left in place
REPEAT

TAG
Do whatever you want for 4 counts．End with your weight on your left foot．You will do this after walls 2 and 5

On counts 17-20 try doing (2) $1 / 2$ pivot turns left

