



Fast Forward xx

Choreographed by Norman Gifford

Description: 32 count, 4 wall, beginner/intermediate west coast swing line dance

Music: **Living In Fast Forward** by Kenny Chesney [117 bpm / The Road and the Radio / Available on iTunes]

Start dancing on lyrics

TWO STEPS FORWARD, SHUFFLE STEPS TURNING $\frac{1}{2}$ LEFT, ROCK, REPLACE, SIDE-BALL CHANGE

1-2 Walk forward (right, left)
 3&4 Shuffle steps forward turning $\frac{1}{2}$ left (right, left, right) (6:00)
 5-6 Left rock back, right replace forward
 7&8 Left toe touch side, left together, right touch side

ROCK-STEP BACK, REPLACE, SHUFFLE STEPS FORWARD, LEFT JAZZ BOX

1-2 Right rock-step back, step left forward
 3&4 Shuffle steps forward (right, left, right)
 5-6 Left crossover, right recover in place
 7-8 Step left to side, step right forward

ROCK-STEP FORWARD, REPLACE, TRIPLE STEPS TURNING $\frac{3}{4}$ LEFT, ROCK FORWARD, REPLACE, TRIPLE STEPS TURNING $\frac{1}{2}$ RIGHT

1-2 Left rock-step forward, right replace
 3&4 Triple step turning $\frac{3}{4}$ left (left, right, left) (9:00)
 5-6 Right rock-step forward, left replace back
 7&8 Triple step turning $\frac{1}{2}$ right (right, left, right) (3:00)

SYNCOATED SIDE-BALL CHANGES, KICK, KICK, COASTER STEP

1-2a Left toe touch side, hold, left together
 3-4a Right toe touch side, hold, right together
 5-6 Left kick forward (twice)
 7&8 Left coaster step

REPEAT

TAG

Done only after the 3:00 wall the first two times through (you will be facing the 6:00 wall)

JAZZ BOX WITH A $\frac{1}{4}$ TURN RIGHT

1-2 Right crossover, step left back
 3-4 Right step into 3rd position turning $\frac{1}{4}$ right, step left forward

Norman Gifford | EMail: nlgifford@yahoo.com | Website: <http://wild-horses.us>
 Address: 4020 Kingsbarns, Roseville 95747 | Phone: (916) 802-7124 (Cell), (916) 780-0921 (Home)

Print layout ©2005 - 2011 by Kickit. All rights reserved.