

Fast Hearts & Slow Towns



Song: Fast Hearts & Slow Towns- Available on Itunes. (3.19mins)
Artist: Midland- Album- Let it Roll
Choreographer: Linda Burgess- Australia- Aug 2019
Description: 4 wall, Easy intermediate dance- No restarts. Dance turns anticlockwise direction.

Beats	Steps	Intro: 32 counts	
{1-8}	ROCKING CHAIR, PIVOT ¼ L, CROSS/SHUFFLE		
1,2,3,4	Rock/step fwd R, replace weight to L, rock/step back R, replace weight to L		
5,6,7&8	Step fwd R, pivot ¼ turn L, cross/step R over L, step L to L, cross/step R over L		9.00
{9-16}	SIDE, TOGETHER, SIDE/SHUFFLE, ROCK/BACK, REPLACE, PIVOT ½ L		
1,2,3&4	Step L to L side, step R beside L, step L to L, step R beside L, step L to L		
5,6,7,8	Rock/step back R, replace weight to L, step fwd R, pivot ½ turn L		3.00
{17-24}	FWD, REPLACE, R COASTER OR /TRIPLE FULL TURN, WALK, WALK, PIVOT ¼ R		
1,2,3&4	Rock fwd R, replace weight to L, step back R, step L next to R, step fwd R		
	<i>(optional- Rock fwd R, replace weight to L, full turn triple step back over the R, stepping R,L,R)</i>		
5,6,7,8	Step fwd L, step fwd R, step fwd L, pivot ¼ turn R (weight R)		6.00
{25-32}	CROSS, SIDE, SAILOR FWD, PIVOT ½ L, PIVOT ¼ L		
1,2,3&4	Cross/step L over R, step R to R, cross/step L behind R, step R to R, step fwd L		
5,6,7,8	Step fwd R, pivot ½ turn L, step fwd R, pivot ¼ turn L (weight L).		9.00

Begin Again!

Linda Burgess
Email: onelnr@bigpond.net.au
Ph.0419285389
Website: www.onelinerbootscooters.com