

Fast Hearts & Slow Towns

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Count: 32 **Wall:** 4 **Level:** Easy Intermediate

Choreographer: Linda Burgess - Australia - August 2019

Music: Midland - Fast Hearts & Slow Towns - Album: Let it Roll - iTunes. (3.19mins)

No restarts. Dance turns anticlockwise direction.

Intro: 32 counts

{1-8} ROCKING CHAIR, PIVOT $\frac{1}{4}$ 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 $\frac{1}{4}$ 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 $\frac{1}{2}$ 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 $\frac{1}{2}$ turn L - 3.00

{17-24} FWD, REPLACE, R COASTER OR /TRIPLE FULL TURN, WALK, WALK, PIVOT $\frac{1}{4}$ R

1,2,3&4 Rock fwd R, replace weight to L, step back R, step L next to R, step fwd R

(optional- Rock fwd R, replace weight to L, full turn triple step back over the R , stepping R,L,R)

5,6,7,8 Step fwd L, step fwd R, step fwd L, pivot $\frac{1}{4}$ turn R (weight R) 6.00

{25-32} CROSS, SIDE, SAILOR FWD, PIVOT $\frac{1}{2}$ L, PIVOT $\frac{1}{4}$ 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 $\frac{1}{2}$ turn L, step fwd R, pivot $\frac{1}{4}$ turn L (weight L). 9.00

Begin Again!

Linda Burgess

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