

# 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)

**Intro: 32 counts - No Restarts. Dance turns anticlockwise direction.**

**{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!**

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