

Fast Hearts and Slow Towns



Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: Alison Biggs & Peter Metelnick – TheDanceFactoryUK – August 2019

Music: Fast Hearts and Slow Towns – Midland



Start after 40 count intro approx. 21.5secs on the word 'Silverado' when they sing 'That Old Silverado Truck'

Music Available: Amazon - No Tags/Restarts

[1-8] Grapevine right, R chassé, L back rock/recover

- 1-4 Step R side, cross step L behind R, step R side, cross step L over R
- 5&6 Step R side, step L together, step R side
- 7-8 Rock L back, recover weight on R

[9-16] Grapevine left with ¼ L & R fwd, L fwd rock/recover, L coaster

- 1-4 Step L side, cross step R behind L, turning ¼ left step L forward, step R forward (9 o'clock)
- 5-6 Rock L forward, recover weight on R
- 7&8 Step L back, step R together, step L forward

[17-24] R diag fwd, lock L behind R, R lock step fwd on diagonal, L fwd rock/recover, L chassé turning ?th left

- 1-2 On right diagonal step R forward, lock L behind R
- 3&4 On right diagonal step R forward, lock L behind R, step R forward
- 5-6 Rock L forward, recover weight on R
- 7&8 Step L to left side, step R together, turning ?th L step L forward (6 o'clock)

[25-32] R fwd, ¼ L pivot turn, R cross shuffle, L side rock/recover, L behind/side/cross

- 1-2 Step R forward, pivot ¼ left (3 o'clock)
- 3&4 Cross step R over L, step L side, cross step R over L
- 5-6 Rock L side, recover weight on R
- 7&8 Cross step L behind R, step R side, cross step L over R

ENDING: To finish facing front wall on wall 10 execute counts 25-30 adding a ½ L turning coaster for counts 31&32to face front!

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****Please Note: we like to check and approve all Videos of our dances before they are linked to this site.- A&P**