



## Fast Hearts and Slow Towns

32 Count, 4 Wall, Beginner

Choreographer: Alison Biggs and Peter Metelnick (UK)

Aug 2019

Choreographed to: Fast Hearts and Slow Towns by Midland

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**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**

**S1 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

**S2 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

**S3 R Diag Fwd, Lock L Behind R, R Lock Step Fwd On Diagonal, L Fwd Rock/Recover, L Chassé Turning ⅜ 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 ⅜ L step L forward (6 o'clock)

**S4 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&32 to face front!**

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