

# FAST COMPANY

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**Count:** 32

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Larry Schmidt (Feb 08)

**Music:** Fast Company by The Eagles

## FOUR TRAVELLING PIVOT POINTS

- 1 Pivot  $\frac{1}{4}$  left on left foot pointing right toe to right side
- 2 Step down on right foot turning  $\frac{1}{4}$  right
- 3 Pivot  $\frac{1}{4}$  right on right foot pointing left toe to left side
- 4 Step down on left foot turning  $\frac{1}{4}$  left
- 5 Pivot  $\frac{1}{4}$  left on left foot pointing right toe to right side
- 6 Step right back foot turning  $\frac{1}{4}$  left
- 7 Pivot  $\frac{1}{4}$  left pointing left toe to left side
- 8 Step down on left foot

## KICK, OUT-OUT, HOLD, BACK-BACK, CROSS BEHIND, UNWIND, ROCK, ROCK

- 1&2 Kick right in front of left, step right foot right, step left foot left
- 3 Hold
- &4 Step right foot back, step left foot back
- 5-6 Cross right behind left, unwind  $\frac{1}{2}$  right onto right foot
- 7-8 Rock left onto left, rock right onto right

## LONG STEP, DRAG, BALL CROSS, SIDE, BEHIND-SIDE-CROSS, HOP, TOUCH, KNEE, KNEE

- 1-2 Long step left with left foot, drag right toe toward left foot
- &3-4 Step ball of right foot behind left, cross left over right, step right foot right
- 5&6 Cross left behind right, step right foot right, cross left over right
- &7&8 Hop right onto right foot, touch left foot next to right, rotate left knee left (out), rotate left knee right (in)

## ROCK BACK, ROCK SIDE, ROCK FORWARD, $\frac{1}{4}$ TURNING COASTER

- 1-2 Rock left foot behind right, recover to right
- 3-4 Rock left foot to left side, recover to right

**5-6** Rock left foot forward, recover to right

**7&8** Hook left foot behind right turning  $\frac{1}{4}$  left, step right next to left, step left foot forward

**REPEAT**

**RESTART: DURING the 4th repetition replace counts 15-16 (rock left - rock right) with:**

**SIDE-BEHIND-TURN**

**15&16** Step left foot left, cross right behind left, step left forward turning  $\frac{1}{4}$  left

**Then start over with the pivot-points**

**ENDING: At the END of the dance after the last  $\frac{1}{4}$  turning coaster, (you will be facing the back wall) instead of starting over with a  $\frac{1}{4}$  pivot-touch, do a  $\frac{1}{2}$  pivot left and sit back on the right foot. You should now be facing the front wall**