

# 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** by Midland. Album: Let It Roll

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**INTRO: 40 count approx. 21.5secs on the word ‘Silverado’ when they sing ‘That Old Silverado Truck’**

**NO TAGS/RESTARTS**

**VINE RIGHT, CROSS, CHASSE RIGHT, ROCK BACK, RECOVER**

1-4 Step R to right, Step L behind R, Step R to right, Cross L over R

5&6 Step R to right, Step L beside R, Step R to right

7,8 Rock L back, Recover onto R

**VINE LEFT 1/4, STEP, ROCK FORWARD, RECOVER, COASTER BACK**

1-4 Step L to left, Step R behind L, Turn ¼ left step L forward, Step R forward [9:00]

5,6 Rock L forward, Recover onto R

7&8 Step L back, Step R beside L, Step L forward

**STEP, LOCK, STEP-LOCK-STEP, ROCK FORWARD, RECOVER, CHASSE LEFT 3/8**

1,2 Step R forward 45° right, Lock L behind R

3&4 Step R forward 45° right, Lock L behind R, Step R forward

5,6 Rock L forward, Recover onto R

7&8 Step L to left, Step R beside L, turn ⅜ step L forward [6:00]

**STEP, PIVOT 1/4 LEFT, CROSS SHUFFLE, ROCK LEFT, RECOVER, BEHIND-SIDE-CROSS**

1,2 Step R forward, Pivot ¼ left [3:00]

3&4 Cross R over L, Step L to left, Cross R over L

5,6 Rock L to left, Recover onto R

**ENDING: see below**

7&8 Step L behind R, Step R to right, Cross L over R

**32 REPEAT**

**ENDING: During Wall 10 dance to count 30 then -  
1/2 LEFT COASTER for counts 31&32 to face front**