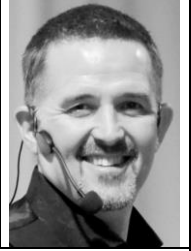


Fast Track

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Type of dance: 64 counts, 2 walls, High improver good ole' country line dance 😊
 Music: **Fast Track Back** by Cole Goodwin. 165 bpm. Track length: 3:29. Buy on iTunes etc.
 Intro: 16 counts from first clear beat into track. App. 8 secs. into track. Start with weight on L foot
 Restarts: Described at bottom of page

Counts	Footwork	End facing
1 – 8	Side flick R&L, R scissor step, Hold	
1 – 4	Step R to R side (1), flick L behind R (2), step L to L side (3), flick R behind L (4) ... <i>Styling: on the flicks slap foot with opposite hand ... * 2nd and 4th restarts</i>	12:00
5 – 8	Step R to R side (5), step L next to R (6), cross R over L (7), Hold (8)	12:00
9 – 16	L scissor step, Hold, R vine cross	
1 – 4	Step L to L side (1), step R next to L (2), cross L over R (3), Hold (4) * <i>1st restart</i>	12:00
5 – 8	Step R to R side (5), cross L behind R (6), step R to R side (7), cross L over R (8)	12:00
17 – 24	Monterey ¼ R X 2	
1 – 4	Point R to R side (1), turn ¼ R stepping R next to L (2), point L to L side (3), step L next to R (4)	3:00
5 – 8	Point R to R side (5), turn ¼ R stepping R next to L (6), point L to L side (7), step L next to R (8)	6:00
25 – 32	R step lock step, Hold, step turn step, Hold	
1 – 4	Step R fwd (1), lock L behind R (2), step R fwd (3), Hold (4)	6:00
5 – 8	Step L fwd (5), turn ½ R onto R (6), step L fwd (7), Hold (8) ... * <i>3rd restart</i>	12:00
33 – 40	Step ¼ cross, Hold, L vine, Hold	
1 – 4	Step R fwd (1), turn ¼ L onto L (2), cross R over L (3), Hold (4)	3:00
5 – 8	Step L to L side (5), cross R behind L (6), step L to L side (7), Hold (8)	3:00
41 – 48	R cross rock, R side rock, R cross rock, side R, Hold	
1 – 4	Cross rock R over L (1), recover on L (2), rock R to R side (3), recover on L (4)	3:00
5 – 8	Cross rock R over L (5), recover on L (6), step R to R side (7), Hold (8)	3:00
49 – 56	L cross rock, L side rock, L cross rock, ¼ L fwd, Hold	
1 – 4	Cross rock L over R (1), recover on R (2), rock L to L side (3), recover on R (4)	3:00
5 – 8	Cross rock L over R (5), recover on R (6), turn ¼ L stepping L fwd (7), Hold (8) ... * <i>5th restart</i>	6:00
57 – 64	R mambo step, Hold, L coaster cross, Hold	
1 – 4	Rock R fwd (1), recover back on L (2), step back on R (3), Hold (4)	6:00
5 – 8	Step back on L (5), step R next to L (6), cross L over R (7), Hold (8)	6:00
Start Again		
Restarts	Please don't hate me... but there are 5 tiny and EASY restarts! You can easily hear them in the music... LOL	
1 st	On 3 rd wall, after 12 counts, facing 12:00	12:00
2 nd	On 6 th wall, after 4 counts, facing 12:00	12:00
3 rd	On 7 th wall, after 32 counts, facing 12:00	12:00
4 th	On 9 th wall, after 4 counts, facing 6:00	6:00
5 th	On 10 th wall, after 56 counts, facing 12:00	12:00
Ending	Wall 12 is your last wall (starts at 6:00). Music starts to fade down, slowly. Do the first 32 counts, you're now facing 6:00. The add another step turn step over your L shoulder to end facing 12:00 😊	12:00