



Dance: **Fast Hearts And Slow Towns**
 Type: 32 Count, 4 Wall, Beginner
 Choreographer: Alison Biggs & Peter Metelnick (UK), August 2019
 Choreographed to: Fast Hearts And Slow Towns by Midland (115 bpm, 3:17 min)

Intro: Start after count 32, on the word "Silverado"

Section 1	Vine Right Cross, Chasse Right, Back Rock	
1,2	Step right to right side. Cross left behind right	Side, behind
3,4	Step right to right side. Cross left over right	Side, cross
5&6	Step right to right side. Step left beside right. Step right to right side	Right chasse
7,8	Rock back on left. Recover on right	Back rock
Section 2	Vine 1/4 Left Step, Forward Rock, Coaster Step	
1,2	Step left to left side. Cross right behind left	Side, behind
3,4	Step left 1/4 turn left (9:00). Step right forward	Turn, step
5,6	Rock forward on left. Recover on right	Forward rock
7&8	Step left back. Step right beside left. Step left forward	Coaster step
Section 3	Extended Syncopated Step Lock Step, Forward Rock, Chasse 3/8 Left	
1,2	Facing diagonal (10:30) - Step right forward. Lock left behind right	Step, lock
3&4	Step right forward. Lock left behind right. Step right forward	Step, lock, step
5,6	Rock forward on left. Recover on right	Forward rock
7&8	Step left to left side. Step right beside left. Step left 3/8 turn left (6:00)	Left chasse turn
Section 4	Step Pivot 1/4, Cross Shuffle, Side Rock, Weave Right	
1,2	Step right forward. Pivot 1/4 turn left (3:00)	Step, pivot
3&4	Cross right over left. Step left to left side. Cross right over left	Cross shuffle
5,6 @	Rock to side on left. Recover on right	Side rock
7&8	Cross left behind right. Step right to right side. Cross left over right	Behind, side, cross
Ending	@ Wall 10 (3:00) after 30 Counts (facing 6:00)	
	Coaster 1/2 Step	
7&8	Turn 1/2 left stepping left back (12:00). Step right beside left. Step left forward	Toaster step