

Living in Fast Forward

Dance By: Bev Oren, 1043 Santo Antonio Drive #141, Colton, CA 92324, (951) 264-7320, BevQsRnds@aol.com
CD Music: Sony BMG Music, BNA82876-72960-2 "The Road and The Radio" by Kenny Chesney, Track 2, "Living in Fast Forward"
MP3 Download: Available through iTunes.com, Napster.com, and Wal-Mart.com
Rhythm/Phase: Cha Cha. ROUNDALAB Phase III+2 (Fan, Triple Cha)
Position: INTRO – BFLY WALL, DANCE – BFLY WALL
Footwork: Opposite, directions for M (except where noted) **Released:** April 2007
Sequence: INTRO, A, B, A, B1-8, C, D, B1-8, B1-8, BRG, D, END **Time:** 2:59 @ 100% CD Speed

INTRO

[BFLY WALL] WAIT; SPOT & TIME; TIME & SPOT; FENCE LINE [BFLY WALL];

- 1 BFLY WALL wait;
- 2 BFLY WALL XLIF thru to RLOD trng 1/2 RF, rec R cont trn 1/2 RF to fc ptr, sd L/cl R, sd L (W XRIB, rec L, sd R/cl L, sd R);
- 3 BFLY WALL XRIB, rec L to BFLY WALL, sd R/cl L, sd R (W XLIF thru to LOD trng 1/2 RF, rec R cont trn 1/2 RF to BFLY WALL, sd L/cl R, sd L);
- 4 BFLY WALL X lunge L thru to RLOD with bent knee looking twd RLOD, rec R, sd L/cl R, sd L;

[BFLY WALL] FAN to TRIPLE CHA FWD [LOP FCG, M fcg LOD]; FWD BASIC; UNDERARM TRN to BFLY COH [BFLY COH];

- 5-6 BFLY WALL bk R, rec L trng 1/4 LF to LOP FCG M fcg LOD, fwd R/lk L, fwd R (W fwd L, rec sd and bk R trng 1/4 LF to fc RLOD, bk L/lk R, bk L); Fwd L/lk R, fwd L, fwd R/lk L, fwd R;
- 7 LOP FCG M fcg LOD fwd L, rec R, bk L/cl R, bk L;
- 8 LOP FCG M fcg LOD bk R, rec L trng 1/4 LF to BFLY COH, sd R/cl L, sd R (W XLIF trng 1/4 RF under joined lead hnds, rec R to BFLY COH, sd L/cl R, sd L);

[BFLY COH] OP BREAK; WHIP [BFLY WALL]; SHLDR to SHLDR – DBL [BFLY WALL];

- 9 BFLY COH rk apt strongly L to LOP FCG while extending trailing arms up & out, rec R to BFLY COH, sd L/cl R, sd L;
- 10 BFLY COH rk bk R trng 1/4 LF, rec fwd L trng 1/4 LF, sd R/cl L, sd R (W fwd L outside of M's L sd, fwd R trng 1/2 LF, sd L/cl R, sd L) to BFLY WALL;
- 11 BFLY WALL fwd L to BFLY SCAR WALL, rec R, sd L/cl R, sd L to BFLY WALL;
- 12 BFLY WALL fwd R to BFLY BJO WALL, rec L, sd R/cl L, sd R to BFLY WALL;

PART A

[BFLY WALL] 1/2 BASIC to FACING FAN [LOW BFLY LOD]; 1/2 CHASE to TANDEM fcg LOD;

- 1 BFLY WALL fwd L, rec R, sd L/cl R, sd L;
- 2 BFLY WALL bk R, rec L trng 1/4 LF to LOW BFLY LOD, fwd R/lk L, fwd R (W fwd L, rec sd and bk R trng 1/4 LF to fc RLOD, bk L/lk R, bk L leaving R foot extended fwd with no weight);
- 3 LOW BFLY LOD release hands fwd L trng 1/2 RF to TANDEM fcg RLOD (W rk bk R), rec fwd R, fwd L/cl R, fwd L;
- 4 TANDEM fcg RLOD fwd R trng 1/2 LF to TANDEM fcg LOD (W fwd L trng 1/2 RF), rec fwd L, fwd R/cl L, fwd R;

[TANDEM fcg LOD] VINE APT 2 & CHA; CROSS CK, REC, CHA TOG [BFLY WALL]; TRAVELING DOOR; SD WALK;

- 5 TANDEM fcg LOD sd L, XRIB (W XLIF), sd R/cl L, sd R;
- 6 4 FT APT BOTH fcg LOD XRIF (W XLIF) with ckg action, rec L, sd R/cl L, sd R trng 1/4 RF (W 1/4 LF) to BFLY WALL;
- 7 BFLY WALL rk sd L, rec R, XLIF (W XRIF)/sd R, XLIF (W XRIF);
- 8 BFLY WALL sd R, cl L, sd R/cl L, sd R;

PART B

[BFLY WALL] NEW YORKER; UNDERARM TURN to LARIAT [BFLY WALL];;

- 1 BFLY WALL thru RLOD L with straight leg to LOP, rec R to BFLY WALL, sd L/cl R, sd L;
- 2 BFLY WALL bk R, rec L, sd R/cl L, sd R (W XLIF trng 1/2 RF under lead hnds, rec R to fc ptr, sd L/cl R, sd L) to M's right side;
- 3-4 M FCG WALL sd L, rec R, cl L/R/L (W circle RF w/joined lead hands fwd R, fwd L, fwd R/cl L, fwd R crossing behind M); Sd R, rec L, cl R/L, R (W cont circle RF w/joined lead hands fwd L, fwd R, fwd L/cl R, fwd L) to BFLY WALL;

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PART B, cont.

[BFLY WALL] HAND to HAND; CRAB WALKS;; SLOW CROSS in FRONT & UNWIND [BFLY WALL]; MERENGUE 4;

- 5 BFLY WALL XLIB (W XRIB) trng to OP LOD, rec R to BFLY WALL, sd L/cl R, sd L;
- 6-7 BFLY WALL XRIF (W XLIF), sd L, XRIF (W XLIF)/sd L, XRIF (W XLIF); Sd L, XRIF (W XLIF), sd L/cl R, sd L;
- 8 BFLY WALL XRIF (W XLIF) releasing hand hold,-, unwind LF (W RF) on heel of R and toe of L making a full turn to end BFLY WALL,-;
- 9 BFLY WALL with hip rolling action sd L, cl R, sd L, cl R;

PART C

[BFLY WALL] VINE 2, FC to FC; VINE 2, BK to BK to OP LOD; SLIDING DOOR [LOP LOD]; RK SD, REC, FWD CHA;

- 1-2 BFLY WALL sd L, XRIB (W XLIB), sd L/cl R, sd L trng 1/2 LF (W RF) to BK to BK POS; Sd R, XLIB (W XRIB), sd R/cl L, sd R trng 1/4 RF (W LF) to OP LOD;
- 3 OP LOD rk apt L, rec R releasing hand hold, XLIF (W XRIF)/sd R, XLIF (W XRIF) changing sides as W crosses in front of M to LOP LOD;
- 4 LOP LOD rk apt R, rec L, fwd R/cl L, fwd R;

[LOP LOD] FWD BASIC; SLIDING DOOR; RK SD, REC to FC, SIDE CHA; BACK HALF BASIC; FENCE LINE in 4;

- 5 LOP LOD fwd L, rec R, bk L/cl R, bk L;
- 6 LOP LOD rk apt R, rec L releasing hand hold, XRIF (W XLIF)/sd L, XRIF (W XLIF) changing sides as W crosses in front of M to OP LOD;
- 7 OP LOD rk apt L, rec R trng 1/4 RF (W LF) to BFLY WALL, sd L/cl R, sd L;
- 8 BFLY WALL bk R, rec L, sd R/cl L, sd R;
- 9 BFLY WALL X lunge L thru to RLOD with bent knee looking twd RLOD, rec R, sd L, cl R;

PART D

[BFLY WALL] FENCE LINE [BFLY WALL]; FAN to TRIPLE CHA FWD [LOP FCG, M fcg LOD];; FWD BASIC;

- 1 BFLY WALL X lunge L thru to RLOD with bent knee looking twd RLOD, rec R, sd L/cl R, sd L;
- 2-3 BFLY WALL bk R, rec L trng 1/4 LF to LOP FCG M fcg LOD, fwd R/lk L, fwd R (W fwd L, rec sd and bk R trng 1/4 LF to fc RLOD, bk L/lk R, bk L); Fwd L/lk R, fwd L, fwd R/lk L, fwd R;
- 4 LOP FCG M fcg LOD fwd L, rec R, bk L/cl R, bk L;

[LOP FCG, M fcg LOD] UNDERARM TRN [BFLY COH]; OP BREAK; WHIP [BFLY WALL]; NEW YORKER in 4;

- 5 LOP FCG M fcg LOD bk R, rec L trng 1/4 LF to BFLY COH, sd R/cl L, sd R (W XLIF trng 1/4 RF under joined lead hnds, rec R to BFLY COH, sd L/cl R, sd L);
- 6 BFLY COH rk apt strongly L to LOP FCG while extending trailing arms up & out, rec R to BFLY COH, sd L/cl R, sd L;
- 7 BFLY COH rk bk R trng 1/4 LF, rec fwd L trng 1/4 LF, sd R/cl L, sd R (W fwd L outside of M's L sd, fwd R trng 1/2 LF, sd L/cl R, sd L) to BFLY WALL;
- 8 BFLY WALL thru RLOD L with straight leg to LOP, rec R to BFLY WALL, sd L, cl R;

BRIDGE

[BFLY WALL] SWIVEL APT 4; ROLL 2 & CHA; REV ROLL 2 & CHA; SWIVEL TOG 4 to BFLY WALL;

- 1 BFLY WALL placing each foot directly in bk of the other bk L, bk R, bk L, bk R;
- 2 FCG PTNR & WALL 4 FEET APT trng LF (W RF) roll L, R to end fcg ptr, sd L/cl R, sd L;
- 3 FCG PTNR & WALL 4 FEET APT trng RF (W LF) roll R, L to end fcg ptr, sd R/cl L, sd R;
- 4 FCG PTNR & WALL 4 FEET APT placing each foot directly in front of the other fwd L, fwd R, fwd L, fwd R;

END

[BFLY WALL] 1/2 BASIC to FACING FAN [LOW BFLY LOD];; 1/2 CHASE to TANDEM fcg LOD;;

- 1 BFLY WALL fwd L, rec R, sd L/cl R, sd L;
- 2 BFLY WALL bk R, rec L trng 1/4 LF to LOW BFLY LOD, fwd R/lk L, fwd R (W fwd L, rec sd and bk R trng 1/4 LF to fc RLOD, bk L/lk R, bk L leaving R foot extended fwd with no weight);
- 3 LOW BFLY LOD release hands fwd L trng 1/2 RF to TANDEM fcg RLOD (W rk bk R), rec fwd R, fwd L/cl R, fwd L;
- 4 TANDEM fcg RLOD fwd R trng 1/2 LF to TANDEM fcg LOD (W fwd L trng 1/2 RF), rec fwd L, fwd R/cl L, fwd R;

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END, cont.

[TANDEM fcg COH] VINE APT 2, CHA; CROSS CK, REC, CHA TOG [BFLY WALL]; TWIRL VINE 2 & CHA; WRAP 2 & CHA:

- 5 TANDEM fcg LOD sd L, XRIB (W XLIF), sd R/cl L, sd R;
- 6 4 FT APT BOTH fcg LOD XRIB (W XLIF) with ckg action, rec L, sd R/cl L, sd R trng 1/4 RF (W 1/4 LF) to BFLY WALL;
- 7 BFLY WALL sd L, XRIB (W trng 1 full RF trn under joined lead hands R, L), sd L/cl R, sd L;
- 8 BFLY WALL sd R, XLIB, sd R/cl L, sd R raising lead hands to lead W to trn 1/4 to WRAPPED POS LOD keeping all hands joined bringing M's L & W's R thru between around and over W's head down to chest level in front while lowering M's R & W's L to W's waist to end in wrapped position with W on M's R side fcg LOD;

[WRAPPED POS fcg LOD] RK BK & HOLD,,,;

- 9 WRAPPED POS LOD bk L, hold,,;

Head Cues

Intro, A, B, A, B1-8, C, D, B1-8, B1-8, Brg, D, End

INTRO

[BFLY WALL] WAIT; SPOT & TIME; TIME & SPOT to BFLY WALL; FENCE LINE ; FAN to TRIPLE CHA FWD;;
[LOP LOD] FWD BASIC; UNDERARM TURN to BFLY COH; OP BREAK; WHIP fc WALL [BFLY WALL]; SHLDR to SHLDR - DBL;;

PART A

[BFLY WALL] 1/2 BASIC to FACING FAN;; 1/2 CHASE to TANDEM LOD;; VINE APT 2, CHA; CROSS CHECK, REC, CHA TOG;
[BFLY WALL] TRAVELING DOOR; SIDE WALK;

PART B

[BFLY WALL] NEW YORKER; UNDERARM TURN to LARIAT [BFLY WALL];; HAND to HAND; CRAB WALKS;;
[BFLY WALL] CROSS in FRONT & UNWIND; MERENGUE 4;

PART A

[BFLY WALL] 1/2 BASIC to FACING FAN;; 1/2 CHASE to TANDEM LOD;; VINE APT 2, CHA; CROSS CHECK, REC, CHA TOG;
[BFLY WALL] TRAVELING DOOR; SIDE WALK;

PART B (1-8)

[BFLY WALL] NEW YORKER; UNDERARM TURN to LARIAT [BFLY WALL];; HAND to HAND; CRAB WALKS;;
[BFLY WALL] CROSS in FRONT & UNWIND;

PART C

[BFLY WALL] VINE 2, FC to FC; VINE 2, BK to BK to OP LOD; SLIDING DOOR [LOP LOD]; RK SD, REC, FWD CHA;
[LOP LOD] FWD BASIC; SLIDING DOOR [OP LOD]; RK SD, REC to FC, SIDE CHA [BFLY WALL]; BK HALF BASIC;
[BFLY WALL] FENCE LINE in 4;

PART D

[BFLY WALL] FENCE LINE ; FAN to TRIPLE CHA FWD [LOP FCG, M fcg LOD];; FWD BASIC; UNDERARM TURN to BFLY COH;
[BFLY COH] OP BREAK; WHIP fc WALL [BFLY WALL]; NEW YORKER in 4;

PART B (1-8)

[BFLY WALL] NEW YORKER; UNDERARM TURN to LARIAT [BFLY WALL];; HAND to HAND; CRAB WALKS;;
[BFLY WALL] CROSS in FRONT & UNWIND;

PART B (1-8)

[BFLY WALL] NEW YORKER; UNDERARM TURN to LARIAT [BFLY WALL];; HAND to HAND; CRAB WALKS;;
[BFLY WALL] CROSS in FRONT & UNWIND;

BRIDGE

[BFLY WALL] SWIVEL APT 4; ROLL 2 & CHA; REV ROLL 2 & CHA; SWIVEL TOG 4 to BFLY WALL;

PART D

[BFLY WALL] FENCE LINE ; FAN to TRIPLE CHA FWD [LOP FCG, M fcg LOD];; FWD BASIC; UNDERARM TURN to BFLY COH;
[BFLY COH] OP BREAK; WHIP fc WALL [BFLY WALL]; NEW YORKER in 4;

END

[BFLY WALL] 1/2 BASIC to FACING FAN;; 1/2 CHASE to TANDEM LOD;; VINE APT 2, CHA; CROSS CHECK, REC, CHA TOG;
[BFLY WALL] TWIRL 2 & CHA; WRAP 2 & CHA [WRAPPED POS LOD]; RK BK & HOLD,,,;