

Fast Cars And Freedom

32 count, 4 wall, improver level

Choreographer: Kash Bane (UK) April 2007

Choreographed to: Fast Cars And Freedom by Rascal
Flatts, Feels Like Today Album

Start 16 counts in when main music starts

RONDE, ROCKING CHAIR, HOP, POINT

- 1-2 Ronde right foot from front of you out and behind body
- 3-4 Rock back onto right foot, recover onto left foot (sway hips with the rocking motion)
- 5-6 Rock right foot forward, recover onto left foot (sway hips with rocking motion)
- &7 Make a 1/4 turn right hopping right foot to right side, step left next to right
- 8 Point right foot to right side

DRUNKEN SAILOR, ROCK, 1/2 SHUFFLE, HEEL GRIND

- 1&2 Step right behind left foot, step left to left side, step forward on right foot
(sway with the sailor step if possible)
 - 3-4 Rock left foot forward, recover onto right foot
 - 5&6 Make a 1/2 turn over left shoulder stepping left foot forward, close right to left,
step left foot forward
- Alternatively complete a full triple turn over left shoulder
- 7-8 Step right heel forward, grind to right side

CROSS ROCK, CHASSE, HEEL GRIND, CROSS ROCK

- 1-2 Rock left foot over right, recover onto right foot
- 3&4 Step left foot to left side, close right next to left, step left to left side
- 5-6 Step right heel forward, grind to right side
- 7-8 Rock left foot over right, recover onto right foot

CHASSE, 1/2 TURN, RIGHT MAMBO, KICK BALL POINT

- 1&2 Step left to left side, close right to left, step left to left side
- 3-4 Make a 1/4 turn right stepping right foot forward,
make a further 1/4 turn right stepping left foot forward
- 5&6 Rock right foot forward, recover onto left foot, step right next to left
- 7&8 Kick left foot forward, step down onto left foot, point right foot forward

Music download available from itunes
