

## Living On The Fast Lane

64 count, 4 wall, Intermediate level

Choreographer : Lisa Ferguson (UK) August 2001

Choreographed to : Life in the Fast Lane by the Eagles from The Very Best of the Eagles

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### STEP , BEHIND & HEEL, STEP, DRAG, SAILOR 1/2 TURN R

- 1-2) Step R to R side, cross L behind R
- &3) Step on to ball of R foot, touch L heel to L diagonal
- 4) Step on to L foot
- 5-6) Drag R foot to L, keeping the weight on the L foot
- 7&8) Step R behind L as if ready to turn, step onto ball of L turning 1/2 R and step forward on R.

### STEP, KICK, TOUCH, KICK, POINT, 1/4 TURN R, BODY ROLL

- 9-10) Step L beside R, kick R forward
- 11-12) Touch R toe beside L foot, kick R forward
- 13-14) Point R toe 1/4 to R, turn body 1/4 turn R
- 15-16) Roll your body over two counts.

### SHUFFLE, TOUCH , KICK, R & L

- 17&18) Step forward R, step L beside R, step forward R
- 19-20) Touch L beside R, kick L to L diagonal
- 21&22) Step forward L, step R beside L, step forward L
- 23-24) Touch R beside L, kick R to R diagonal.

### R & L SWITCHES, HITCH R, POINT R, ROCK, SHUFFLE 1/2 TURN R

- 25&26) Point R toe to R side, step R beside L, point L toe to L side
- &27&28) Step L beside R, point R toe to R, hitch R knee, point R toe to R side
- 29-30) Rock forward on R, rock back on L
- 31&32) Turn 1/2 over R shoulder stepping R, L, R.

### TOE STRUTS X 4

- 33-34) Step forward on L toe, dropping L heel
- 35-36) Step forward on R toe, dropping R heel
- 37-38) Step forward on L toe, dropping L heel
- 39-40) Step forward on R toe, dropping R heel

### MAMBO 1/4 TURN L, KICK BALL CHANGE 1/4 TURN L X 2, CROSS R, STEP BACK

- 41&42) Rock forward on L, rock back on R, step L 1/4 to L
- 43&44) Kick R forward, step R beside L, step L 1/4 to L
- 45&46) Kick R forward, step R beside L, step L 1/4 to L
- 47-48) Cross R over L, step back on L.

### STEP BACK R, STEP FORWARD L, R SHUFFLE, FULL TURN R, L SHUFFLE

- 49-50) Step back on R, step forward L
- 51&52) Step forward R, step L beside R, step forward R
- 53-54) Step forward L , turning 1/2 R, step back R, turning 1/2 over R shoulder
- 55&56) Step forward L, step R beside L, step forward R.

### HEEL JACK & CROSS, R & L, STEP 1/4 PIVOT L, STOMP R & L.

- &57) Step back on R, touch L heel forward
- &58) Step back on L, cross R over L
- &59) Step back on L , touch R heel forward
- &60) Step back on R, cross L over R
- 61-62) Step forward R, pivot 1/4 turn L, keeping weight on L
- 63-64) Stomp R, stomp L.