



Approved by:



# The Fastest Dance In The World

## 2 WALL - 32 COUNTS - INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b> 1 & 2 3 & 4 <b>Restart</b> 5 & 6 7 & 8	<b>Right Sailor, Left Sailor, Right Kick Ball Step x 2</b> Cross right behind left. Step left to left side. Step right to place. Cross left behind right. Step right to right side. Step left to place. Wall 7: Hold (during singing of 'C R A P') then restart on vocals. Kick right forward. Step right beside left. Step left forward. Kick right forward. Step right beside left. Step left forward.	Right Sailor Left Sailor  Kick Ball Step Kick Ball Step	On the spot  Forward
<b>Section 2</b> 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8 <b>Note</b>	<b>Cross &amp; Heel x 2, &amp; Back, &amp; Back, &amp; Back, &amp; Back</b> Cross right over left. Step left back. Tap right heel forward. Step right to side. Cross left over right. Step right back. Tap left heel forward. Step left back. Step right back. Close left to right. Step right back. Close left to right. Step right back. Close left to right. Step right back. Weight ends on right.	Cross & Heel & Cross & Heel & Back & Back & Back & Back	Left Right Back
<b>Section 3</b> & 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8 <b>Note</b>	<b>&amp; Cross &amp; Heel x 2, &amp; Back, &amp; Back, &amp; Back, &amp; Back</b> Step left to side. Cross right over left. Step left back. Tap right heel forward. Step right to side. Cross left over right. Step right back. Tap left heel forward. Step left back. Step right back. Close left to right. Step right back. Close left to right. Step right back. Close left to right. Step right back. Weight ends on right.	& Cross & Heel & Cross & Heel & Back & Back & Back & Back	Left Back Right Back
<b>Section 4</b> 1 - 4 5 - 6 7 & 8 <b>Option</b>	<b>Walk Forward x 4, Step, Pivot 1/2 Right, Triple Full Turn Right</b> Walk forward - left, right, left, right. Step left forward. Pivot 1/2 turn right. Triple full turn right, stepping - left, right, left. Replace full turn with left shuffle forward.	Walk 2 3 4 Step Pivot Triple Full Turn	Forward Turning right
<b>Ending</b>	Music slows, on word 'backwards' slowly step left forward and end with a flourish!		

**Choreographed by:** Julie Murray (UK) January 2007

**Choreographed to:** 'Backwards' by Rascal Flatts (120 bpm) from CD Me And My Gang or as single download (start on vocals when the beat kicks in - at manic speed)

**Restart:** There is one restart, during Wall 7, section 1. After the 2 sailor steps hold until the vocals kick back in.

**Choreographer's Notes:** One restart, but no tags - and don't forget to breathe!

*Thank you to Andy Davies aka DJ EasyA for suggesting this song.*