

## Move It To The Fast Lane

32 count, 4 wall, intermediate level

Choreographer: Peter Metelnick (Canada) &  
Alison Biggs (UK) May 2002

Choreographed to: Country Roads by Hermes  
House Band; Good Like That by Kylie Minogue  
Track 3 from the CD single, In Your Eyes

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*Choreographers note: When using the Country Roads track – after completing wall 5 there is a 2 count hold and start again*

**1-8 Step forward R, L, ½ pivot L & step R forward, L rock & recover, L coaster step**

1-2 Step right foot forward, step left foot forward

3&4 Step right foot forward, ½ turn left, step right foot forward

5-6 Rock left foot forward, recover weight on right

7&8 Step left foot back, step right foot together, step left foot forward

**9-16 Heel switches R&L, cross R over L, touch L, cross L over R, ½ L turn L side shuffle**

1&2& Touch right heel forward, step right foot together, touch left heel forward, step left foot together

3-4 Cross step right foot over left, touch left toes to left side

5-6 Cross step left foot over right, step right to right side

7&8 Turning ½ left, step left foot to left side, step right foot together, step left foot to left side

**17-24 Rock side R & recover, cross R, rock side L & recover, cross L, R kick step apart, applejack**

1&2 Rock right foot to right side, recover weight on left foot, cross step right foot over left

3&4 Rock left foot to left side, recover weight on right foot, cross step left foot over right

5&6 Kick right foot forward, step right foot apart, step left foot apart

& With weight on ball of right foot and heel of left foot, turn right heel in and left toes out (*both the heel and the toes are raised off ground level*)

7 Transfer weight to both feet

& With weight on ball of left foot and heel of right foot, turn left heel in and right toes out (*both the heel and toes are raised off ground level*)

8 Bring both feet back to centre weight on left foot

*Choreographers note: Instead of the apple-jacks you can swivel heels right, left, right, centre or you can lift both heels together up, down, up, down*

**25-32 R side shuffle, ½ pivot R, ¼ R, R side shuffle, R rock back & recover**

1&2 Step right foot to right side, step left foot together, step right foot to right side

3-4 Step left foot forward, pivot ½ right

5&6 Turning ¼ right step left foot to left side, step right foot together, step left foot to left side

7-8 Rock right foot back, recover weight on left

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