

# Speed of Life

Count: 44

Wall: 2

Level: Improver / Intermediate

Choreographer: Mike Liadouze (FR) - February 2015

Music: Speed Of Life - Doc Walker



Séquence: W1 Tag1 W2 W3 Tag1 W4 W5 Tag2 W6 Tag1 W7 W8

Introduction: 16 counts

**\*\* Dedication: Flo and CASTEL COUNTRY of Ainay le Château (03) \*\***

## [1-8] KICK BALL CROSS 1/4 LEFT, BIG STEP SIDE, ROCK BACK, TRIPLE FORWARD

1&2 Kick RF forward, step RF together, ..1/4 turn L.. cross LF over RF (9:00)  
3-4 Big step RF side, slide L toe together  
5-6 Rock step LF back, recover on RF  
7&8 Step LF forward, step RF together, step LF forward

## [9-16] ROCK FORWARD, TRIPLE BACK, FULL TURN, TRIPLE BACK

1-2 Rock step RF forward, recover on LF  
3&4 Step RF back, step LF together, step RF back  
5-6 ..1/2 turn L.. step LF forward, ..1/2 turn L.. step RF back (easy option : two step back (LF,RF))  
7&8 Step LF back, step RF together, step LF back

## [17-24] ROCK BACK, TOUCH SIDE, HOLD, TOUCH SWITCH TOUCH, SAILOR 1/4 RIGHT

1-2 Rock step RF back, recover on LF  
3-4 Touch R toe side, HOLD  
&5&6 Step RF together, touch L toe side, step LF together, touch R toe side  
7&8 Cross RF behind LF, ..1/4 turn R.. step LF side, step RF forward (12:00)

## [25-32] KICK BALL CROSS, BIG STEP SIDE, ROCK SIDE, CROSS TRIPLE

1&2 Kick LF forward, step LF together, cross RF over LF  
3-4 Big step LF side, slide R toe together  
5-6 Rock step RF side, recover on LF  
7&8 Cross RF over LF, step LF together, cross RF over LF

## [33-40] ROCK SIDE, TOUCH BACK, UNWIND, WALK, WALK, TRIPLE FORWARD

1-2 Rock step LF side, recover on RF  
3-4 Touch L toe behind RF,..1/2 turn L.. step LF forward (6:00)  
5-6 Two step forward (RF,LF)  
7&8 Step RF forward, step LF together, step RF forward

## [41-44] ROCK FORWARD, TRIPLE FULL TURN

1-2 Rock step LF forward, recover on RF  
3&4 Three step in place (LF,RF,LF) with ..full turn L.. (easy option : L COASTER STEP)

### TAG 1 :

## [45-52] KICK BALL CHANGE x2, HALF MONTEREY TURN x2

1&2 Kick RF forward, step RF together, step LF together  
3&4 Kick RF forward, step RF together, step LF together  
5-6 Touch R toe side,..1/2 turn R.. step RF together (easy option : no 1/2 turn)  
7-8 Touch L toe side,..1/2 turn L.. step LF together (easy option : no 1/2 turn)

### TAG 2 :

**[45-64] TAG1 x2, STEP TURN x2**

1-16 Repete TAG two times without 1/2 turn L

17-20 Step RF forward, ..1/2 turn L.. recover on LF, step RF forward, ..1/2 turn L.. recover on LF

**Contact : Mike Liadouze**

**Email: [mike.liadouze@gmail.com](mailto:mike.liadouze@gmail.com)**

**Website: <http://mikeliadouze.free.fr>**

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