

# Speed Limit

Count: 48

Wall: 4

Level: Improver

Choreographer: Matthew Grocott (UK) - July 2015

Music: Speed Limit - Boyce Avenue : (Album: No Limits)



**Start On: All your life**

**S1: Walk Walk , Kick – Ball – Step , Rumba Box , Hold**

- 1-2 Walk forward on right , left
- 3&4 Kick right foot forward , On ball of right next to left , Step forward on left
- 5-8 Step right to right side , Step left next to right , Step forward on right , Hold

**S2: Rumba Box , Hold , R Sweep , R Sailor Step , Heel Switches**

- 1-4 Step left to left side , Step right next to left , Step back on left , Hold
- 5 Sweeping right from front to back
- 6&7 Step right behind left , Step left next to right , Step right to right side
- 8&1 Touch left heel forward , Step left next to right , Touch right heel forward

**S3: Together – Step Pivot  $\frac{1}{4}$  , L Crossing Shuffle , Side – Rock , Recover , Behind – Side – Cross**

- &2& Step right next to left , Step forward on left , Pivot  $\frac{1}{4}$  turn right (3:00)
- 3&4 Cross left over right , Step right slightly to right side , Cross left over right
- 5-6 Rock right to right side , Recover back on left
- 7&8 Step right behind left , Step left to left side , Cross right over left

**S4: L Chasse , Kick – Ball – Cross , Rolling Vine , L Jazz Box**

- 1&2 Step left to left side , Step right next to left , Step left to left side
- Restart: During Wall's 4 & 8 Start dance again at this point ( facing 12:00 & 12:00 )**
- 3&4 Kick right slightly Diagonal , On ball right next to left , Cross left over right
- 5&6 Making  $\frac{1}{4}$  turn right stepping forward on right (6:00) , Making  $\frac{1}{2}$  turn right stepping back on left (12:00) , Making  $\frac{1}{4}$  turn right stepping right to right side (3:00)

**Finish: During Wall 10 After Kick- Ball -Cross Step forward on Right pivot  $\frac{1}{2}$  turn left to face front (12:00)**

- 7&8 Cross left over right , Step back on right , Step left to left side

**S5: Cross , Point , L Shuffle Forward , R Samba Step , L Samba Step**

- 1-2 Cross right over left . Point left to left side
- 3&4 Step forward on left , Step right next to left , Step forward on left
- 5&6 Cross right over left , Rock left to left side , Recover back on right
- 7&8 Cross left over right , Rock right to right side , Recover back on left

**S6: Toe Switches , L Sailor Step , R Sailor Step , L Mambo Step**

- 1&2 Point right toe to right side , Step right next to left , Point left toe to left side
- 3&4 Step left behind right , Step right next to left , Step left to left side
- 5&6 Step right behind left , Step left next to right , Step right to right side
- 7&8 Rock Forward on left , Recover on right , Step left next to right

**Start The Dance Again:**

**Last Update - 18th July 2015**