

Speedfreak

Count: 48

Wall: 4

Level: Intermediate

Choreographer: Ryan M. Young (USA)

Music: Stop The Rock - Apollo Four Forty



RIGHT KICK BALL CHANGE 2X, LINDY RIGHT ROCK RECOVER

- 1&2 Kick right foot forward, step right foot next to left foot, step left foot next to right foot
- 3&4 Kick right foot forward, step right foot next to left foot, step left foot next to right foot
- 5&6 Step right foot to right side, step left foot next to right foot, step right foot to right side
- 7-8 Rock back on left foot, recover on right foot

LEFT TOE DIG, RIGHT TOE DIG, LINDY LEFT ROCK RECOVER

- 1-2 Tap left toe to left foot side, step left foot heel down
- 3-4 Tap right toe crossing over left foot, step right heel down
- 5&6 Step left foot to left side, step right foot next to left foot, step left foot to left side
- 7-8 Rock back on right foot, recover on left foot

RIGHT TOE DIG WITH ¼ TURN RIGHT, LEFT TOE DIG, RIGHT STEP, LEFT SHUFFLE, RIGHT ROCK FORWARD

- 1-2 Tap right toe to right side, step right heel down while doing ¼ turn right
- 3-4 Tap left toe forward, bring left heel down
- 5 Step right foot forward
- 6&7 Step left foot forward, step right foot next to left foot, step left foot forward
- 8 Rock forward on right foot

RECOVER, HALF TURN SHUFFLE RIGHT, HALF TURN RIGHT, STEP RIGHT SLIGHTLY TO SIDE, OUT OUT, CLAP CLAP

- 1 Step back on left foot
- 2&3 Step right foot to right side turning a ¼ turn right, step left foot next to right, step right foot turning a ¼ turn right
- 4-5 Step left foot back while turning ½ turn right, step right slightly back
- &6 Step right foot out, step left foot out
- 7-8 Clap, clap

SWIM AND BUMP RIGHT TWICE, SWIM AND BUMP LEFT TWICE, DOWN AND DIRTY RIGHT

- 1-2 Bump right hip to right side with right arm swim
- 3-4 Bump left hip to left side with left arm swim
- 5-6 Step right foot to right side, hold
- 7-8 Step left foot next to right foot, hold

DOWN AND DIRTY LEFT, 2 HALF TURNS LEFT

- 1-4 Step left foot to left side, hold, step right foot next to left foot, hold
- 5-8 Step right foot forward, ½ turn left, step right foot forward, ½ turn left

REPEAT