

# Speed Of Light

Compte: 60

Mur: 4

Niveau: Intermediate waltz

Chorégraphe: Cathryn Proudfoot (AUS)

Musique: Speed of Flight - Tracy Lawrence



## SIDE, ROCK, BEHIND, SIDE, ROCK, CROSS

- 1-2-3 Rock step right to side, replace weight on left, step right behind left  
4-5-6 Rock step left to side, replace weight on right, step left across in front of right

## ROCK FORWARD, REPLACE, ½ TURN RIGHT, ½ TURN RIGHT, SLOW SWEEP

- 1-2-3 Rock step right forward, replace weight back on left, turn ½ right to step right forward  
4-5-6 Turn ½ right to step left back, sweep right around over 2 counts

## BEHIND, SIDE, CROSS, SIDE, SLOW DRAG

- 1-2-3 Step right behind left, step left to side, step right across in front of left  
4-5-6 Take large step to left, drag right together over 2 counts keeping weight on left

## ROLLING VINE 1 ¼ RIGHT, STEP FORWARD, SLOW SWEEP

- 1-2-3 Turn ¼ right to step right forward, turn ½ right to step left back, turn ½ right to step right forward  
4-5-6 Step left forward, sweep right forward over 2 counts

## CROSS, BACK, BACK, CROSS, BACK, BACK

- 1-2-3 Step right across in front of left, step left back to 45 degrees left, step right back to 45 degrees right  
4-5-6 Step left across in front of right, step right back to 45 degrees right, step left back to 45 degrees left

## TOUCH-BACK, ½ TURN, STEP BACK, BACK, DRAG, TOUCH

- 1-2-3 Touch right toe back, turn back ½ right taking weight on left, step right back straightening up  
4-5-6 Step left back, drag right toe back over 2 counts to cross right toe over left foot

## STEP FORWARD, ½ TURN RIGHT, SWEEP, BEHIND, ROCK, REPLACE

- 1-2-3 Step right forward, turn ½ right to step left back, sweep right toe around  
4-5-6 Step right behind left, rock step left to side, replace weight onto right

## STEP FORWARD, ½ TURN LEFT, SWEEP, BEHIND, ROCK, REPLACE

- 1-2-3 Step left forward, turn ½ left to step right back, sweep left toe around  
4-5-6 Step left behind right, rock step right to side, replace weight on left angling body to left 45 degrees

## ROCK FORWARD, REPLACE, ½ TURN RIGHT, STEP, PIVOT, STEP

- 1-2-3 Rock step right forward to 45 degrees left, replace weight back on left, turn ½ right to step right forward  
4-5-6 Step left forward, pivot turn ½ right transferring weight forward to right, step left forward

## FORWARD COASTER STEP RIGHT, BACK, SIDE, CROSS

- 1-2-3 Step right forward, step left together with right, step right back  
4-5-6 Step left back, step right to side straightening up, step left across in front of right

## REPEAT

## **TAG**

**At the end of the 2nd wall add the following 12 counts:**

### **BASIC WALTZ FORWARD TO 45 DEGREES RIGHT, BASIC WALTZ BACK WITH ½ TURN RIGHT**

- 1-2-3            Moving to right 45 degrees forward: step forward right, step left together with right, step right in place
- 4-5-6            Step left back to 45 degrees left, turn ½ right to step right forward to 45 degrees right, step left forward
- 7-12             Repeat the above 6 counts

## **RESTART**

**On the 5th wall dance up to count 21 & add the following 3 counts:**

### **STEP FORWARD, ¼ PIVOT TURN LEFT**

- 1-2-3            Step left forward, step right forward, pivot turn ¼ left (to face the front) taking weight on left

**Then restart the dance**

## **FINISH**

**On wall 8 (starts facing the back) dance up to count 24 then step right across left, step left back, turn ¼ right taking large step to right dragging left together**

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