

# 4 Speed

**Compte:** 34

**Mur:** 2

**Niveau:** Intermediate



**Chorégraphe:** Tara Green

**Musique:** Built for Speed - Adam Brand

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- |     |  |
|-----|--|
| 1-2 | Twist heels right, twist heels left  |
| 3-4 | Touch right next to left, kick right   |
| 5-6 | Step back right, step back left  |
| 7-8 | Step back right, touch left toe back   |
|     |  |
| 1&2 | Shuffle forward left-right-left  |
| 3&4 | Shuffle forward right-left-right   |
| 5-6 | Rock forward left, rock back right   |
| 7&8 | Triple step left-right-left making a 1 ½ turn left                                   |
|     |  |
| 1-2 | Rock forward right, rock back left   |
| 3&4 | Step back on right, step left beside right & step right forward (coaster step)       |
| 5-6 | Rock forward left at a 45 degrees angle, rock back right at a 45 degrees angle       |
| 7-8 | Rock forward left at a 45 degrees angle, rock back right at a 45 degrees angle       |
|     |  |
| 1-2 | Step back left at a 45 degrees angle, drag right together                            |
| 3-4 | Step back right at a 45 degrees angle, drag left together                            |
| 5&6 | Rock left to left side, return weight to right & step left across in front of right  |
| 7&8 | Rock right to right side, return weight to left & step right across in front of left |
|     |  |
| 1-2 | Step left forward at a 45 degrees angle, step right together                         |

## REPEAT

### RESTART 1

Occurs on the third wall facing the front. You complete the first 10 beats of the dance then step forward right, step left together (12 beats) restart dance again

### RESTART 2

Occurs on the seventh wall facing the back. You complete the first 12 beats of the dance then step forward left, step right together (14 beats) restart dance again.

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