

Speed of Life

拍数: 44 墙数: 2 级数: Improver / Intermediate
编舞者: Mike Liadouze (FR) - February 2015
音乐: 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

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