

# Speed Limit

拍数: 48      墙数: 4      级数: Improver  
编舞者: Matthew Grocott (UK) - July 2015  
音乐: 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 ¼ , L Crossing Shuffle , Side – Rock , Recover , Behind – Side – Cross**

&2&            Step right next to left , Step forward on left , Pivot ¼ 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 ¼ turn right stepping forward on right (6:00) , Making ½ turn right stepping back on left (12:00) , Making ¼ turn right stepping right to right side (3:00)

**Finish: During Wall 10 After Kick- Ball -Cross Step forward on Right pivot ½ 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**