

Speed Of A Fool

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Gary Parker (AUS) & Cheryl Parker (AUS)
音乐: Speed of a Fool - Tracy Lawrence



SIDE, BEHIND, SIDE-CROSS-SIDE, SHUFFLE FORWARD, STEP, ½ TURN

1-2 Step right to right side, step left behind right
&3-4 Step right to right side, step left over right, step right to right side
5&6 Shuffle forward left-right-left
7-8 Step forward right pivot ½ turn left (weight on left)

STEP, STEP, SHUFFLE FORWARD, ROCK-STEP, COASTER STEP

1-2 Step forward right, step forward left
3&4 Shuffle forward right-left-right
5-6 Step forward left, return weight on right in place
7&8 Step back left, step right beside left, step forward left (coaster step)

TRAVELING FORWARD - HEEL-BALL-STEP, HEEL-BALL-STEP, ¾ TURN, SHUFFLE FORWARD

1&2 Touch right heel forward, step back on ball of right, step forward left
3&4 Touch right heel forward, step back on ball of right, step forward left
5 Step forward onto ball of right and commence ¾ turn left
6 Complete ¾ turn stepping forward onto left
7&8 Shuffle forward right-left-right

ROCK-STEP, COASTER STEP, ½ TURN, ½ TURN

1&2 Step forward left, return weight on right in place
3&4 Step back left, step right beside left, step forward left (coaster step)
5-6 Step forward right, pivot ½ turn left
7-8 Step forward right, pivot ½ turn left (weight on left)

REPEAT
