

# Speed Stick

拍数: 40      墙数: 4      级数: Intermediate  
编舞者: John Bailey (CAN)  
音乐: Mari-Mac - Great Big Sea



## HEEL, SCOOT & HITCH

- 1&      Touch right heel forward, hitch right knee & scoot forward with left
- 2&      Touch right heel forward, hitch right knee & scoot forward with left
- 3&4      Touch right heel forward, step down on right, stomp left beside right (no weight)

## SYNCOPATED WEAVE

- 5-6      Step out to the left with left foot, bring right behind
- &7      Step out to the left with left foot, bring right across left
- &8      Step left beside right, stomp right beside left (no weight)

## SHUFFLE, WALK, SCUFF, SCOOT, STEP, SHUFFLE (WHEW!)

- 9&10      Shuffle forward with right (rt, lt, rt)
- 11-12      Walk forward with left, then right
- 13&14      Scuff left heel forward, hitch left knee & scoot back on right, step back with left
- 15&16      Shuffle back with right

## TOE TOUCHES & SCOOT

- 17&      Touch left toe back, scoot back on right leg
- 18&      Touch left toe back, scoot back on right leg
- 19&      Touch left toe back, scoot back on right leg
- 20      Bring left beside right

## SYNCOPATED WEAVE

- 21-22      Step out to the right with right foot, bring left behind
- &23      Step out to the right with right foot, bring left across right
- &24      Step out to the right with right foot, stomp left beside (no weight)

## SHUFFLE, WALK, SCUFF, SCOOT, STEP, SHUFFLE WITH 1/4 TURN (YIKES!)

- 25&26      Shuffle forward with left (lt, rt, lt)
- 27-28      Walk forward with right, then left
- 29&30      Scuff right heel forward, hitch right knee & scoot forward on left foot, step forward with right
- 31&32      Shuffle in place with left, right, left making a 1/4 turn right

## FUNKY HOEDOWN!

- 33&      Touch right heel forward, hitch right leg (toe pointing behind & down - leg bent at knee) & hop slightly forward on left
- 34&      Touch ball of right foot back, hitch right leg & hop slightly back on left
- 35&36      Touch right heel forward, step down on right foot & hitch left knee, touch ball of left foot beside right
- 37&      Touch left heel forward, hitch left leg (leg bent toe pointing behind & down) & hop slightly forward on right
- 38&      Touch ball of left foot back, hitch left leg & hop slightly back on right
- 39&40      Touch left heel forward, step down on left foot & hitch right knee, touch the ball of right foot beside left

## REPEAT

