

4 Speed

拍数: 34 墙数: 2 级数: Intermediate
编舞者: Tara Green
音乐: 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.
