

# 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.

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