

Speed Limit

拍數: 48 牆數: 4 級數: Improver
編舞者: Matthew Grocott (UK) - July 2015
音樂: 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