

No Speed Limit

拍數: 32 牆數: 4 級數: Intermediate
編舞者: David Kopcych (USA)
音樂: You're the Ticket - John Michael Montgomery



SIDE SHUFFLE, ROCK, TOE STRUTS

- 1 Step right foot to the right
- &2 Step left next to right, step right to right side
- 3 Rock onto left foot forward diagonally to the right
- 4 Rock back onto right foot
- 5 Touch left toe to the left
- 6 Slap heel down
- 7 Crossing the right in front of the left touch the right toe to the left
- 8 Slap heel down

SIDE SHUFFLE, ROCK, TOE STRUTS

- 1 Step left foot to the left
- &-2 Step right next to left, step left to left side
- 3 Rock onto right foot forward diagonally to the left
- 4 Rock back onto left foot
- 5 Touch right toe to the right
- 6 Slap heel down
- 7 Crossing the left in front of the right touch the left toe to the right
- 8 Slap heel down

¾ TURN, KICKS, PIVOT TURNS

- 1 Step right foot to the right facing ¼ turn left
- 2 Step left back facing ½ turn left
- 3 Kick right foot forward
- 4 Kick right foot forward
- 5 Step back on right
- 6 Pivot ½ turn right on balls of both feet
- 7 Step left foot forward
- 8 Pivot ½ turn right on balls of both feet

OUT-OUT, CROSS, UNWIND-TURN, SWIVEL TURN, BODY ROLL

- &1 Step right foot to the right, step left foot to the left
- &2 Step right foot home, step left foot across the front of the right
- 3-4 Unwind to make ½ turn right
- 5 Lift right foot slightly swivel on the balls of left foot to turn ¼ right
- & Step right next to left
- 6 Lift right foot slightly swivel on the balls of left foot to turn ¼ right
- & Step right next to left
- 7-8 Do a body roll for 2 counts

REPEAT