

Speed

拍數: 32 牆數: 4 級數:
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音樂: Sientelo (feat. Lumidee) - Speedy



SLIDE STEP 2X, KICK CROSS ROCK STEP, STEP HEEL BOUNCES

- 1 Slide right foot forward turning $\frac{1}{4}$ to left(facing 3:00)
- 2 Drag left foot next to right foot
- 3 Slide left foot forward turning $\frac{1}{2}$ to right(facing 9:00)
- 4 Drag right foot next to left foot
- 5 Kick left foot forward
- & Left foot cross in front of right foot
- 6 Step back on right foot
- & Weight back on left foot
- 7 Step right foot next to left foot
- & Press both heels up
- 8 Both feet down

SHUFFLE BACKWARDS(BOUNCE SHOULDERS), KICK, KICK TRAVELING BACKWARDS, SLIDE BACKWARDS

- 1 Step left foot backwards
- & Step right foot next to left foot
- 2 Step left foot backwards
- 3 Kick right foot forward traveling backwards
- & Step right foot backwards
- 4 Kick left foot forward traveling backwards
- & Step left foot backwards
- 5 Step backwards on right foot turning $\frac{1}{2}$ right(facing 6:00)
- 6 Step on left foot turning $\frac{1}{2}$ right(facing 12:00 again)
- 7 Right foot big step backwards
- 8 Drag left foot next to right foot(both arms in front)

SIDE STEP, BOUNCE, FULL TURN, BOUNCE

- 1 Step right foot to right side
- 2 Drag left foot next to right foot while doing this right arm in the air turning wrist
- 3 Bounce both feet still keeping arm in the air turning wrist
- 4 Step left foot $\frac{1}{4}$ to left
- 5 Step right foot forward turning $\frac{3}{4}$ left(facing 12:00 again)
- 6 Bounce both feet while doing this left arm in the air turning wrist
- 7 Bounce both feet while doing this left arm in the air turning wrist
- 8 Step out on right foot(right arm in angle of 45 degrees palm open)

STEP OUT, ARM MOVEMENT, CLAP, SLIDE STEP, BOUNCE

- 1 Step out on left foot(left arm in angle 45 degrees palm open)
- 2 Both upper arms bending forward towards floor(while doing this press upper body back)
- 3 Both upper arms bending forward towards floor(while doing this press upper body back)
- 4 Clap hands
- 5 Step right foot to right side $\frac{1}{4}$ turn right(facing 3:00)
- 6 Step left foot next to right foot
- 7 Bounce hips to right side while doing this both arms pumping to left side
- 8 Bounce hips to right side while doing this both arms pumping to left side

REPEAT
