

Speed It Up

拍數: 32 牆數: 4 級數: Improver
編舞者: Maureen Jones (UK) & Michelle Jones (UK)
音樂: Oklahoma Borderline - Vince Gill



CHARLESTON STEPS, TURNING CHARLESTON STEPS

- 1-2 Touch right toe forward, step right back
- 3-4 Touch left toe back, step left forward
- 5-6 Touch right toe forward, make $\frac{1}{2}$ turn right and step right forward
- 7-8 Make $\frac{1}{4}$ turn right and touch left to left, make $\frac{1}{4}$ turn right and step left forward

HEEL, TOE, SYNCOPATED VINE, TOE, HEEL, CROSS ROCK, $\frac{1}{4}$ TURN

- 9-10 Touch right heel diagonally forward right, touch right toe behind left heel
- 11&12 Step right to right, step left behind right, step right to right
- 13-14 Touch left toe behind right heel, touch left heel diagonally forward left
- 15&16 Rock left across right, recover onto right, make $\frac{1}{4}$ turn left and step left forward

KICK, STEP, KICK, HITCH, COASTER STEP, KICK, $\frac{1}{4}$ TURN, KICK, HITCH, COASTER STEP

- 17&18& Kick right forward, step right beside left, kick left forward, hitch left
- 19&20 Step left back, step right beside left, step left forward
- 21&22& Kick right forward, step right beside left making $\frac{1}{4}$ turn left, kick left forward, hitch left
- 23&24 Step left back, step right beside left, step left forward

WALKS, $\frac{3}{4}$ TURN RUNNING STEPS, WALKS, RUNNING STEPS

- 25-26 Walk forward right, left
- 27&28 Run around $\frac{3}{4}$ turn left stepping right, left, right (steps follow a $\frac{3}{4}$ circle)
- 29-30 Walk forward left, right
- 31&32 Run forward stepping left, right, left (bending knees slightly)

REPEAT

TAG

Danced after walls 2, 4 & 5 on Vince Gill track only

CHARLESTON STEP

- 1-2 Touch right toe forward, step right back
- 3-4 Touch left toe back, step left forward