

Speed

Choreographed by: D-unit M&M

Level: Newcomer Novice Funky

Music: Sientelo - Speedy ft. Lumidee

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 travelling 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 travelling backwards  
& Step right foot backwards
- 4 Kick left foot forwards travelling 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 forwards towards floor(while doing this press upper body back)
- 3 Both upper arms bending forwards 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

End of dance.