

speed Up

4 Wall line Dance: - 64 Counts. Intermediate

Choreographed By Kate Sala (UK) & Daan Geelen (NL)

Choreographed To: - 'speed Up' by

16 count intro.

Cross, Slide, Step R, Together, Step R, Hip Roll 1/4 Turn L, Sweep Behind & Side Kick.

1 2 Step on ball of R across L with toe turned in. Grind the ball of the R foot out to R sliding L out to L side.

3 & 4 Step R out to R side. Step L next to R. Step R out to R side.

5 6 Roll hips back & anti clockwise making 1/4 turn L. (Keep weight on R).

7 & 8 Sweep L out to L side cross stepping behind R. Step R to R side . Step L next to R knocking R out to R side with side kick.

Cross Step, Turn 1/4 L, Mambo Hitch, L Sailor Step. R Sailor Step 1/4 Turn R.

1 2 Cross step R over L. Turn 1/4 L stepping forward on L.

3 & 4 Rock forward on R. Rock back on L. Step back on R hitching up L knee.

5 & 6 Cross step L behind R. Step R to R side. Step L to L side.

7 & 8 Cross step R behind L. Turn 1/4 R stepping L to L side. Step forward on R.

(Arms: During the hitch. Contract stomach in, pushing shoulders forward and bring the arms round chest height as if holding a large beach ball).

Pivot 1/2 Turn L, Forward Step, Hitch, Touch Back, Reverse 1/2 Turn L, Arm Movements, Pivot 1/2 Turn R, Step back into Sit.

1 2 Pivot 1/2 turn L. Step forward on R

3 4 Hitch up L knee. Touch L toe back behind towards 9 o'clock.

(During count 4: stretch L arm out in front shoulder height & R arm stretched out to R side shoulder height).

5 Reverse 1/2 turn L transferring weight forward. (Facing 9 o'clock).

(During count 5: Sweep arms still at shoulder height round to the L side ending with L arm stretched out to the L side & R arm bent at the elbow

fingers pointing to 6 o'clock and elbow pointing to 12 o'clock. all with blade hands.

6 Stretch R arm out in front shoulder height & bring L hand in holding R elbow with L elbow pointing to 6 o'clock.

7 With L hand push R arm down pivoting 1/2 turn R keeping weight on L and bringing arms up to the same position as count 6.

8 Step back on R into a sitting position with L knee bent bringing the arms straight down to either side of the body.

L Coaster Step into L Diagonal, Jump Forward On R With L Flick Back, Jump Back On L With R Kick, R Side Rock, Recover With R

Hitch, Step R, Hinge 1/2 Turn L, Touch R Toe Behind L.

1 & 2 Step back on L. Step R next to L. Step L forward to L diagonal.

3 4 Jump forward on R still on 1 o'clock diagonal flicking L foot back. Jump back on L kicking R foot forward still facing 1 o'clock.

5 & 6 Facing 3 o'clock quick rock out on R to R side. Recover onto L with R hitch. Step R to R side.

7 8 Turn 1/2 L on R foot stepping L out to L side. With L knee bent touch R behind & look over L shoulder.

Diagonal Step , Pivot 1/2 Turn R With L Hitch, Step Forward, Together, Knee Roll 1/2 Turn

L. Syncopated Rocks.

- 1 2 Step forward on R facing 10:30. Pivot 1/2 turn R on ball of R hitching L knee.
3 4 Step forward on L facing 4:30. Step R next to L.
5 Bend & roll both knees together 1/2 turn L towards 10:30.
6 7 Rock forward on R. Rock back on L.
8 & Rock forward on R. Rock back on L.

Rock Forward & Flick, Step, Chest Pop x 2, Arm Movements, Hitch.

- 1 2 Still facing 10:30 rock forward on R flicking L foot back. Step forward on L.
3 4 Pop chest forward x 2.
5 6 Straighten R arm out in front shoulder height. Slap L hand on top of R
7 Circle R arm down & round from back to front at side of body slapping down on L
hand.
8 Both hands slap down on to a R hitch. Step down on R

Step Forward With Arm Movements, Hold, Ball Step, Scuff Hitch With 1/8 Turn R, Arm Movements With 1/4 Turn L.

- & 1 2 Step forward on R pushing the chest forward & take both arms out to either side keeping elbows up & pointing inwards
with the index fingers contracting the chest in. Hold
& 3 Still facing 10:30 Step down on ball of R next to L. Step forward on L.
4 & 5 Scuff R next to L. Hitch R knee up with 1/8 turn R facing 12:00 o'clock. Step R to R side.
6 Stretch arms out either side of the body shoulder height.
7 Bring L arm in towards R holding down on R elbow.
8 With L hand pull R arm towards 9 o'clock & rolling both knees round 1/4 turn L to face 9 o'clock.

Arm Movement, Knee Bounces Down x 2, Knee Turn, Hitch 1/4 Turn L.

- & 1 With arms still stretched out turn fingers down towards the body & then point fingers back out at a slightly lower level as if diving
with knees bent & body pushed forward. (The movement is like taking something out from the top draw and placing it back in a lower draw).
2 3 With arms stretched out at the same level bounce slightly down bending the knees. Repeat.
(The arms remain at the same height from the floor during counts 2, 3).
4 5 Bend down on to R knee. Spin 3/4 turn R on R knee bringing L knee in next to R.
6 Step forward on R keeping L knee down.
7 8 Push up with R foot while hitching L knee up. Turn 1/4 L stepping L out to L side.

alternative for counts 4 - 8.

- 4 5 6 R sailor step 3/4 turn R
7 8 Hitch up L knee. Turn 1/4 L stepping L to L side.

Start again!