

SPEEDFREAK

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Count: 48

Wall: 4

Level: intermediate

Choreographer: Ryan M. Young

Music: Stop The Rock by Apollo Four Forty

RIGHT KICK BALL CHANGE 2X, LINDY RIGHT ROCK RECOVER

- 1&2** Kick right foot forward, step right foot next to left foot, step left foot next to right foot
- 3&4** Kick right foot forward, step right foot next to left foot, step left foot next to right foot
- 5&6** Step right foot to right side, step left foot next to right foot, step right foot to right side
- 7-8** Rock back on left foot, recover on right foot

LEFT TOE DIG, RIGHT TOE DIG, LINDY LEFT ROCK RECOVER

- 1-2** Tap left toe to left foot side, step left foot heel down
- 3-4** Tap right toe crossing over left foot, step right heel down
- 5&6** Step left foot to left side, step right foot next to left foot, step left foot to left side
- 7-8** Rock back on right foot, recover on left foot

RIGHT TOE DIG WITH ¼ TURN RIGHT, LEFT TOE DIG, RIGHT STEP, LEFT SHUFFLE, RIGHT ROCK FORWARD

- 1-2** Tap right toe to right side, step right heel down while doing ¼ turn right
- 3-4** Tap left toe forward, bring left heel down
- 5** Step right foot forward
- 6&7** Step left foot forward, step right foot next to left foot, step left foot forward
- 8** Rock forward on right foot

RECOVER, HALF TURN SHUFFLE RIGHT, HALF TURN RIGHT, STEP RIGHT SLIGHTLY TO SIDE, OUT OUT, CLAP CLAP

- 1** Step back on left foot
- 2&3** Step right foot to right side turning a ¼ turn right, step left foot next to right, step right foot turning a ¼ turn right
- 4-5** Step left foot back while turning ½ turn right, step right slightly back
- &6** Step right foot out, step left foot out

7-8 Clap, clap

SWIM AND BUMP RIGHT TWICE, SWIM AND BUMP LEFT TWICE, DOWN AND DIRTY RIGHT

1-2 Bump right hip to right side with right arm swim

3-4 Bump left hip to left side with left arm swim

5-6 Step right foot to right side, hold

7-8 Step left foot next to right foot, hold

DOWN AND DIRTY LEFT, 2 HALF TURNS LEFT

1-4 Step left foot to left side, hold, step right foot next to left foot, hold

5-8 Step right foot forward, $\frac{1}{2}$ turn left, step right foot forward, $\frac{1}{2}$ turn left

REPEAT