

Speed of Life

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Lyndsay Eotvos & Peter Fry

September 2026

Music: Speed of Life – Sugarland

Intro: 32 counts – start on We drove

[1-8] KICK, KICK, BALL, TOUCH, FLICK, BALL, ROCK, RECOVER, CROSS, SIDE, RECOVER
1,2&3 Kick (1), Kick (2), Step R beside L (&) Touch L toe Back (3)
4&5 Flick L fwd (4), Step L beside R (&), Rock back on R (5)
6,7&8 ## Recover fwd on to L (6), Cross R over L (7), Step L to Left side (&) Step R to Right side (8)

[9-16] CROSS, ¼, ½ SHUFFLE, ROCK FWD, BACK, ½, SCUFF
1,2 Cross L over R (1), ¼ turn Left step back on R (2)
3&4 ½ turn Left step L fwd (3), Step R beside (&), Step L fwd (4)
5,6 Step/rock fwd R (5), Recover back to L (6)
7,8 ½ turn Right step R fwd (7), Scuff L (8)

[17-24] SAMBA STEP, CROSS, SWEEP, SAMBA STEP, CROSS, SWEEP
1&2 Cross/step L over R (1), Step R to Right side (&), Step L to Left side (2)
3,4 Cross/step R over L (3), Sweep L from back to front (4)
5&6 Cross/step L over R (5), Step R to Right side (&), Step L to Left side (6)
7,8 Cross/step R over L (7), Sweep L from front to back (8)

[25-32] CROSS ROCK, RECOVER, BALL, CROSS, SIDE, BEHIND, SIDE, SIDE, TOUCH, UNWIND
1,2 Cross/rock L over R (1), Recover weight back onto R (2)
&3,4 Step L to Left side (&), Cross R over L (3), Step L to Left side (4)
5&6 Cross/step R behind L (5), Step L to Left side (&), Step R to Right side (6)
7,8 Touch L toe behind R heel (7), Unwind Full turn Left (8)

[33-40] SHUFFLE SIDE, SHUFFLE ¼, SHUFFLE ¼, SAILOR STEP
1&2 Shuffle to Right side step R to Right side (1), Step L beside R (&), Step R to Right side (2)
3&4 Make a ¼ Turn Left step L to Left side (3), Step R beside L (&), Step L to Left side (4)
5&6 Make a ¼ Turn Left step R to Right side (5), Step L beside R (&), Step R to side (6)
7&8 ^^ Make a 1/8 Turn Left step L behind R (7), Step R to Right side (&), Step L to Left side (8)

[41-48] KICK, BALL, STEP, KICK, BALL, STEP, ROCK, RECOVER, & HEEL, & HEEL
1&2 Kick R fwd (1), Step R beside L (&), Step L fwd (2)
3&4 Kick R fwd (3), Step R beside L (&) Step forward L (4)
5,6 Rock/step fwd on R (5), Recover back on to L (6)
&7&8 *** Step back on R (&), Touch L heel fwd (7), Step back on L (&), Touch R heel fwd (8)

[49-56] COASTER STEP, STEP, ½ PIVOT, SHUFFLE FWD, TOUCH, HOLD
1&2 Step back on R (1), Step L beside R (&), Step fwd R (2)
3,4 Step fwd L (3), Make ½ pivot turn Right (4)
5&6 Step fwd L (5), Step R beside L (&) Step L fwd (6)
7,8 Make a 1/8 turn Left touching R toe to Right side (7), Hold (8)

[57-64] BALL, TOUCH, HOLD, BALL, TOUCH, HOLD, STEP, KICK, KICK, COASTER
&1,2 Step R beside L (&), Touch L toe to Left side (1), Hold (2)
&3,4 Step L beside R (&), Touch R to side (3), Hold (4)
&5,6 Step R beside L (&), Kick L fwd (5), Kick L to Left side (6)
7&8 Step L back (7), Step R beside L (&) Step L fwd

RESTARTS: Wall 4 after 8 counts restart by replacing counts 7,8 with 2 walks fwd R,L ##
Wall 6 after 48 counts restart, on 47& make 1/8 turn Left & step L to Left side, on count 48 touch R toe beside L ***
Wall 8 after 40 counts restart, make a ¼ turn sailor Left and start again ^^