

Take It To The Limit

COPPERKNOB
BY STEPHENETS

拍数: 48 墙数: 2 级数: Improver
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音乐: Take It to the Limit - Suzy Bogguss



Session 1 : BASIC WALTZ FORWARD, BASIC WALTZ BACKWARD

1 2 3 Step L Forward, Step R close together L, Recover on L
4 5 6 Step back on R, Step L close together R, Recover on R

Session 2 : FORWARD, ¼ turn LEFT – SIDE, RECOVER, CROSS, SIDE, BEHIND

1 2 3 Step L Forward, ¼ turn Left- Step R to R side, Recover on L
4 5 6 Step R cross over L, Step L to L side, Step R cross behind L

Session 3 : SIDE, DRAG and DOWN, ¼ turn R – FORWARD, ½ turn Right-BACK, ¼ turn Right-SIDE

1 2 3 Step L to L side, R Drag slow and body down
4 5 6 ¼ turn Right – Step R Forward, ½ turn Right – Step back on L, ¼ turn Right – Step R to R side

Session 4 : CROSS, 1/8 turn L-BACK, 1/8 turn L-SIDE, BEHIND, SIDE, 1/8 turn L- FORWARD DIAGONAL

1 2 3 Step L cross over R, 1/8 turn Left- Step back on R, 1/8 turn Left – Step L to L side
4 5 6 Step R cross behind L, Step L to L side, 1/8 turn L diagonal – Step R Forward

Session 5 : FORWARD, KICK, HITCH, BACK, ½ turn Left –FORWARD, FORWARD

1 2 3 Step L Forward, Step R kick slow, Hitch
4 5 6 Step back on R, ½ turn Left-Step L Forward, Step R Forward

Session 6 : FORWARD, KICK, HITCH, BACK, 1/8 turn Left – SIDE, RECOVER

1 2 3 Step L Forward, Step R kick slow, Hitch
4 5 6 Step back on R, 1/8 turn Left – Step L to L side, Recover on R

Session 7 : LEFT TWINKLE, RIGHT TWINKLE

1 2 3 Step L cross over R, Step R to R side, Recover on L
4 5 6 Step R cross over L, Step L to L side, recover on R

****RESTART WALL 3****

Session 8 : CROSS, ¼ turn Left – BACK, ¼ turn Left – SIDE, CROSS, ¼ turn Right –BACK, ¼ turn Right - SIDE

1 2 3 Step L cross over R, ¼ turn Left- Back on R, ¼ turn Left – Step L to L side
4 5 6 Step R cross over L, ¼ turn Right – Back on L, ¼ turn Left – Step R to R side

Have fun

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