

# Extremity

拍数: 48      墙数: 2      级数: Intermediate waltz  
编舞者: Noel Bradey (AUS)  
音乐: Take It to the Limit - Suzy Bogguss



## BALL, FORWARD, FORWARD, ½ PIVOT, FULL MONTEREY TURN

- &1-2-3      Step on ball of right beside left, step left forward, step right forward, pivot turn ½ turn left (weight left) (6:00)  
4-5-6      Touch right toe to right side, turn full turn right dragging right in to step beside left, touch left to left side

## BALL, ¼ MONTEREY TURN, SAILOR WALTZ BACK

- &1-2-3      Step on ball of left beside right, touch right to right side, turn ¼ turn right dragging right in to step beside left, touch left to left side (9:00)  
4-5-6      (Traveling back) cross/step left behind right, step right to right side, replace weight to left

## BALL, FORWARD, LOCK STEP, FORWARD, FORWARD, ½ PIVOT, ¼ SIDE STEP

- &1-2-3      Step on ball of right beside left, step left forward, lock/step right behind left, step left forward (9:00)  
4-5-6      Step right forward, pivot turn ½ turn left (weight left), turn ¼ turn left stepping right to right (12:00)

## BALL, SIDE STEP, CROSS/ROCK, REPLACE, ¼ TURN, ½ TURN, ½ TURN

- &1-2-3      Step on ball of left beside right, step right to right side, cross/rock left over right, replace weight to right  
4-5-6      Turn ¼ turn left stepping left forward, turn ½ turn left stepping right back, turn ½ turn left stepping left forward (9:00)

## BALL, SIDE ROCK, REPLACE, CROSS/STEP, SWAY RIGHT, LEFT, DRAG TOUCH BESIDE

- &1-2-3      Step on ball of right beside left, rock/step left to left side, replace weight to right, cross/step left over right  
4-5-6      Step right to right swaying hips right, left, drag right in to touch beside left

## BALL, TOUCH BACK, REVERSE ½ PIVOT, FORWARD, ½ PIVOT, FORWARD, REPLACE

- &1-2-3      Step on right beside left, touch left toe straight back, reverse pivot turn ½ turn left (weight left), step right forward (3:00)  
4-5-6      Pivot turn ½ turn left (weight left), rock/step right forward, replace weight to left (9:00)

## BALL, FORWARD, REPLACE, ½ STEP FORWARD, BALL, FORWARD, ¼ PIVOT, DRAG BESIDE

- &1-2-3      Step on ball of right beside left, rock/step forward on left, replace weight onto right, turn ½ turn left to step left forward (3:00)  
&4-5-6      Step on ball of right beside left, pivot turn ¼ turn right (weight right), drag left to step beside right (6:00)

Restart goes here on wall 3

## HEEL SWITCHES, FORWARD, ½ PIVOT, FORWARD, ½ PIVOT

- 1&2&3      Touch right heel forward, step right beside left, touch left heel forward, step left beside right, step right forward  
4-5-6      Pivot turn ½ turn left (weight left), step right forward, pivot turn ½ turn left (weight left) (6:00)

REPEAT

RESTART

On wall 3, dance to count 42 only and then start again from the beginning. You will be facing the back wall

**TO END DANCE**

Dance to count 32, do a  $\frac{1}{4}$  turn reverse pivot turn left to face front, cross/step right over left

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