

# To The Limit

**COPPER** **KNOB**  
BY STEPHEN

拍数: 40                      墙数: 4                      级数: Improver  
编舞者: Jace Andrus (USA) - February 2007  
音乐: Push It to the Limit - Corbin Bleu



The choreographer was age 9 when this dance was created

Or Music: White Line Casanova by Brooks & Dunn [136 bpm Polka / Borderline]

## **DROP RIGHT HEEL 3X, STEP RIGHT, TOUCH LEFT, DROP LEFT HEEL 3X, STEP LEFT, TOUCH RIGHT**

- 1-3                      Touch right toe forward as you drop right heel 3 times (pushing both hands down 3x from waist toward right foot with counts)
- &4                      Step right next to left, touch left foot to left
- 5-7                      Drop left heel 3 times (pushing both hands down 3x from waist toward right foot with counts)
- &8                      Step left next to right, touch right foot to right

## **STEP RIGHT, SAILOR LEFT, STEP LEFT, STEP RIGHT, SAILOR LEFT, STEP LEFT, STEP RIGHT, STEP LEFT**

- 1                      Step right to right side (pushing both hands down from waist to left side)
- 2&3                      (Sailor step) step left behind right, step right beside left, step left to left
- 4                      Step right to right side (pushing both hands down from waist to left side)
- 5&6                      (Sailor step) step left behind right, step right beside left, step left to left
- 7-8                      Step right next to left, step left next to right

## **BACK, SIDE, FRONT, LUNGE KICK, STEP, JAZZ BOX, LUNGE RIGHT (WITH SHOULDER), STEP**

- 1&2                      Step right behind left, step left beside right, step right in front of left
- 3                      Jump into a lunge left with left foot, sliding and kicking right low kick to right
- 4                      Step right across left
- 5&6                      Step back left, step right next to left, cross left in front of right
- 7                      Jump into a lunge right with right, slightly sliding and kicking left low kick to left lifting right shoulder
- 8                      Step left next to right

## **REPEAT 3RD SET**

- 1-8                      Repeat 3rd set

## **STEP BACK RIGHT, LEFT, ¼ KNEE ROLL LEFT, WALK BACK RIGHT, LEFT, TURN ½ RIGHT, WALK RIGHT, LEFT**

- 1-2                      Step back right, step left next to right
- 3-4                      With bent knees and heels raised, roll knees to left ¼ turn dropping heels on count 4

Counts 5, 8 are kinda like the moon walk

- 5-6                      Walk back right, left, sliding & dragging toes as you walk
- 7-8                      Turn ½ right dragging right toes and step forward right, step forward left, dragging left toes

## **REPEAT**

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