

To The Limit

COPPER KNOB
STEPSHEETS

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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