

Take It To The Limit

拍数: 48
编舞者: Mike Hitchen (UK) - April 2012
音乐: Take It to the Limit - Eagles

级数: High Improver - waltz



24 count intro start on vocals.

Basic Waltz Forward, Basic Waltz Back, ½ Turn left, Coaster step

1-3 Step left forward, Step right together, Step left together
4-6 Step right back, Step left together, Step right together

1-3 Step left forward, ½ Turn left stepping right back, Step left together
4-6 Step right back, Step left together, Step right forward

Cross Twinkle Left, Cross Twinkle Right, Cross Side Behind, Hip Bumps RLR

1-3 Cross left over left, Step right to side, Step left to side
4-6 Cross right over left, Step left to side, Step right to side

1-3 Cross left over right, Step right to side, Step left behind
4-6 Step right to side bumping hip right, Bump hips left, Bump hips right

1 ¼ Turns Left, Step lock Step, Step Lock Step, Rock Step ¼ Turn

1-3 Step left ¼ turn left, Turn ½ turn left stepping right back, ½ Turn left stepping left forward
4-6 Step right forward, lock left behind right, Step right forward

1-3 Step left forward, lock right behind left, Step left forward
4-6 Rock forward on right, Return weight to left, Step right ¼ turn right

Cross left over right, 2 x ¼ Turns Left, Cross Twinkle, Cross ¼ Turn left Step left back, Coaster step

1-3 Cross left over right, Step right ¼ turn left back, Step left ¼ turn left
4-6 Cross right over left, Rock left to side, Recover to right

(Restart Here – Wall 3)

1-3 Cross left over right, Turn ¼ turn left stepping right back, Step left long step back
4-6 Step right back, Step left together, Step right forward

This is a slow waltz Happy Dancing

One restart Wall 3 After counts 42
