Push It to the Limit

拍數: 32 **牆數:** 4 **級數:** High Improver
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音樂: More (RedOne Jimmy Joker Remix) - Usher

No Restarts; No Tags

Intro is 36 Counts

[1-8]: L Press-Kick, R Press-Kick, R Coaster, L Triple Step

1, 2	L press forward (1), weight shift back on R, kick L front (2)
3, 4	R press forward (3), weight shift back on L, kick R front (4)
5 & 6	R step back (5), L step back to meet R (&), R step forward (6)
7 & 8	L step forward (7), R step forward to meet L (&), L step forward (8)

[9-16]: R Half Turn, R Quarter Turn, 2 Kick and Points

1, 2	R step forward (1), Half turn over L shoulder (2)
3, 4	R step forward (3), Quarter turn over L shoulder (4)
5 & 6	R kick front (5), R step next to L (&), L side point to the left (6)
7 & 8	L kick front (7), L step next to R (&), R side point to the right (8)

[17-24]: L Pony, L Prep, Full Turn, 2 Camel Walks

1 & 2	R step back, L knee hitch (1), weight transfer to L (&), weight transfer to R, L knee hitch (2)

***Optional styling: push both hands palms up above your head on “light it up, up”**

3, 4	Rock back on L (3), recover R (4)
5, 6	Step L forward half turn over right shoulder weight transfer to L (5), step R half turn over right shoulder weight transfer to R
7, 8	Step L forward, pop right knee (7), Step R forward, pop left knee (8)

[25-32]: L Mambo, R Rock Recover, R Sweep, L Sweep, R Cross Behind Full Turn

1 & 2	L step out to the left (1), weight transfer to the R (&), L steps to the meet R (2)

***Optional Styling: pump arms in at chest level, palms forward on “push it to the limit”**

3, 4	R press forward (3), weight transfer to the L and R sweeps behind (4)
5, 6	Weight transfer to the right and L sweeps behind (5), weight transfer to the L and R sweeps behind and crosses L (6)
7, 8	Full unwind with weight transfer to the R