# Push It to the Limit

**拍數:** 32 **牆數:** 4 **級數:** High Improver
**編舞者:** Elizabeth Weiss (USA) & Sarah LeLeux (USA) - October 2024
**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**

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|---|---|
| 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 |