

Over The Limit

拍數: 64 牆數: 4 級數: Intermediate west coast swing
編舞者: Jules Langstaff (UK) & Robbie McGowan Hickie (UK)
音樂: Too Much Blood in My Alcohol Level - David Ball



DWIGHT SWIVELS, KICK, BEHIND, SIDE, RIGHT CROSS SHUFFLE

1 Swivel left heel right touching right toe to left instep
2 Swivel left toe right touching right heel diagonally forward right
3-4 Swivel left heel right touching right toe to left instep, kick right diagonally forward right
5-6 Cross right behind left, step left to left side
7&8 Cross step right over left, step left to left side, cross step right over left

DWIGHT SWIVELS, KICK, BEHIND, SIDE, LEFT CROSS SHUFFLE

1 Swivel right heel left touching left toe to right instep
2 Swivel right toe left touching left heel diagonally forward left
3-4 Swivel right heel left touching left toe to right instep, kick left diagonally forward left
5-6 Cross left behind right, step right to right side
7&8 Cross step left over right, step right to right side, cross step left over right

TOE STRUT ¼ TURN LEFT, LEFT SHUFFLE BACK, BACK ROCK, RIGHT SHUFFLE ½ TURN LEFT

1-2 Turn ¼ turn left stepping back on right toe, drop right heel to floor (facing 9:00)
3&4 Left shuffle back stepping left, right, left
5-6 Rock back on right, rock forward on left
7&8 Right shuffle forward turning ½ turn left stepping right, left, right (facing 3:00)

2 X WALKS BACK, STEP BACK, TOUCH, ¼ TURN LEFT, TOUCH, LEFT CHASSE

1-2 Walk back on left, walk back on right
3-4 Step back on left, touch right toe in front of left
5-6 Turn ¼ turn left stepping right to right side, touch left beside right
7&8 Step left to left side, close right beside left, step left to left side (facing 12:00)

BACK ROCK, VINE ¼ TURN RIGHT, SCUFF, STEP, PIVOT ¼ TURN RIGHT

1-2 Rock back on right, rock forward on left
3-4 Step right to right side, cross left behind right
5-6 Turn ¼ turn right stepping forward on right, scuff left forward (facing 3:00)
7-8 Step forward on left, pivot ¼ turn right (facing 6:00)

LEFT CROSS SHUFFLE, SIDE ROCK, RIGHT CROSS SHUFFLE, SIDE ROCK

1&2 Cross step left over right, step right to right side, cross step left over right
3-4 Rock right to right side, recover weight onto left
5&6 Cross step right over left, step left to left side, cross step right over left
7-8 Rock left to left side, recover weight onto right

BEHIND, ¼ TURN RIGHT, STEP, PIVOT ½ TURN RIGHT, STEP, LOCK, LEFT LOCK STEP FORWARD

1-2 Cross left behind right, turn ¼ turn right stepping forward right
3-4 Step forward on left, pivot ½ turn right (facing 3:00)
5-6 Step forward on left, lock right behind left
7&8 Step forward on left, lock right behind left, step forward on left

FORWARD ROCK, RIGHT SHUFFLE BACK, BACK ROCK, LEFT TOE STRUT FORWARD

1-2 Rock forward on right, rock back on left

3&4 Right shuffle back stepping right, left, right
5-6 Rock back on left, rock forward on right
7-8 Step forward on left toe, drop left heel to floor (facing 3:00)

REPEAT
