

To The Limit

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Andy Williams (USA)
音樂: Push It to the Limit - Corbin Bleu



MAMBO CROSS TWICE, ROCK, RECOVER ¾ TURN

1&2 Rock out right to side, recover left, cross right over left
3&4 Rock left to side, recover right, step left forward
5-6 Rock right forward, recover left
7&8 Turning ¾ right, shuffle right, left, right

SIDE, RECOVER, CROSS SHUFFLE, BACK MAMBO, STEP PIVOT ½

1-2 Rock side left, recover right
3&4 Cross shuffle, left, right, left
5&6 Rock back right, recover left, step forward right
7-8 Step forward left, pivot ½ right. Weight forward on right

ROCKING CHAIR, SHUFFLE FORWARD, KICK AND POINT TWICE

1&2& Rock forward left, recover to right, rock back left, recover right
3&4 Shuffle forward, left, right, left
5&6 Kick right, step down, point left to side
7&8 Kick left, step down, point right to side

CROSS, BACK, COASTER STEP, STEP, PIVOT, STEP, PIVOT, STEP

1-2 Cross right over left, step left back
3&4 Step back right, step left next to right, step right forward
5-6 Step forward left, pivot ½ right. (weight should be forward on right)
7&8 Step forward left, step right next to left turning ½ right, step forward left

Easier option:

5-6 Rock recover
7&8 Left coaster step

REPEAT
