

Extremity

拍數: 48 牆數: 2 級數: Intermediate waltz
編舞者: Noel Bradey (AUS)
音樂: Take It to the Limit - Suzy Bogguss



BALL, FORWARD, FORWARD, ½ PIVOT, FULL MONTEREY TURN

- &1-2-3 Step on ball of right beside left, step left forward, step right forward, pivot turn ½ turn left (weight left) (6:00)
4-5-6 Touch right toe to right side, turn full turn right dragging right in to step beside left, touch left to left side

BALL, ¼ MONTEREY TURN, SAILOR WALTZ BACK

- &1-2-3 Step on ball of left beside right, touch right to right side, turn ¼ turn right dragging right in to step beside left, touch left to left side (9:00)
4-5-6 (Traveling back) cross/step left behind right, step right to right side, replace weight to left

BALL, FORWARD, LOCK STEP, FORWARD, FORWARD, ½ PIVOT, ¼ SIDE STEP

- &1-2-3 Step on ball of right beside left, step left forward, lock/step right behind left, step left forward (9:00)
4-5-6 Step right forward, pivot turn ½ turn left (weight left), turn ¼ turn left stepping right to right (12:00)

BALL, SIDE STEP, CROSS/ROCK, REPLACE, ¼ TURN, ½ TURN, ½ TURN

- &1-2-3 Step on ball of left beside right, step right to right side, cross/rock left over right, replace weight to right
4-5-6 Turn ¼ turn left stepping left forward, turn ½ turn left stepping right back, turn ½ turn left stepping left forward (9:00)

BALL, SIDE ROCK, REPLACE, CROSS/STEP, SWAY RIGHT, LEFT, DRAG TOUCH BESIDE

- &1-2-3 Step on ball of right beside left, rock/step left to left side, replace weight to right, cross/step left over right
4-5-6 Step right to right swaying hips right, left, drag right in to touch beside left

BALL, TOUCH BACK, REVERSE ½ PIVOT, FORWARD, ½ PIVOT, FORWARD, REPLACE

- &1-2-3 Step on right beside left, touch left toe straight back, reverse pivot turn ½ turn left (weight left), step right forward (3:00)
4-5-6 Pivot turn ½ turn left (weight left), rock/step right forward, replace weight to left (9:00)

BALL, FORWARD, REPLACE, ½ STEP FORWARD, BALL, FORWARD, ¼ PIVOT, DRAG BESIDE

- &1-2-3 Step on ball of right beside left, rock/step forward on left, replace weight onto right, turn ½ turn left to step left forward (3:00)
&4-5-6 Step on ball of right beside left, pivot turn ¼ turn right (weight right), drag left to step beside right (6:00)

Restart goes here on wall 3

HEEL SWITCHES, FORWARD, ½ PIVOT, FORWARD, ½ PIVOT

- 1&2&3 Touch right heel forward, step right beside left, touch left heel forward, step left beside right, step right forward
4-5-6 Pivot turn ½ turn left (weight left), step right forward, pivot turn ½ turn left (weight left) (6:00)

REPEAT

RESTART

On wall 3, dance to count 42 only and then start again from the beginning. You will be facing the back wall

TO END DANCE

Dance to count 32, do a $\frac{1}{4}$ turn reverse pivot turn left to face front, cross/step right over left
