

# Push It To The Limit

COPPERKNOB  
BY STEPHEN

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Mark Cosenza (USA) - October 2008  
音樂: Push It to the Limit - Corbin Bleu



Start immediately when beat kicks in.

## (1 – 8) Position Arms and Push Back, Touch out, Touch In, Rock Back, Recover, Step and Shrug

- 1            Position Arms at Chest Level in Bent Position & Push Back w/ both feet extending arms forward
- 2            Position Arms at Chest Level in Bent Position
- 3-4        Touch R side R and Extend R Arm out, Touch R next to L
- 5-6        Rock back on R, Recover to L
- 7&8        Step Forward on R (7), Shrug Shoulders Up (&), Then back Down (8) (12:00)

## (9 – 16) Jazz Box ¼ Turn, Lock Step, Fwd Step, Bump Hips Pivot Turn

- 1-2        Cross L over R, Step Back R and begin pivoting ¼ L
- 3-4        Continue pivoting ¼ L and Step Fwd L, Step Fwd R (9:00)
- 5-6        Lock L behind R, Step R Fwd, Step L Fwd
- 7-8        Step Rock back on R and bump hips back, Step fwd on L and pivot ¼ as you bump L hips (12:00)

## (17 – 24) Bump Hips, Rock and Push Down, Up, Down, Point Cross, Point Cross

- 1-2        Bump hips and Step Side R, Recover and Bump hips Side L,
- 3&4        Rock back on R and Slightly bend knees down, up, down shifting weight to L  
(Position arms at your sides and your hands in a position as if you are pushing down towards the ground)
- 5-6        Point R side R, Cross R over L
- 7-8        Point L side L, Cross L over R

## (25 – 32) Step Down, Pivot R, Point Fwd, Side, Fwd, Side, Step Fwd L, Step Fwd R

- 1-2        Pivot ¼ R, Shift weight to R (3:00)
- 3-6        Point L Fwd, Touch Side L, Point L Fwd, Touch Side L  
(Swing arms L, R, L, R – opposite of where your foot is pointing)
- 7-8        Step forward L, Step forward R

RESTART: Wall 5: Do the FIRST 16 counts of the dance, on count 16, pivot ¼ R to face the front wall to begin the dance again.

Begin Again