

More To The Limit

拍數: 64 牆數: 2 級數: Phrased Improver
編舞者: Jonas Andréasson (SWE) - April 2011
音樂: More - Usher : (CD: Versus)



Intro: 24 counts.

Dance starts after 24 beats (2 beats after the song starts)
Pattern AABBAABBAABBA

Pattern A

A1: Step Forward Left Right, Coaster Step Forward Left, Back Right Left, Right Coaster Step

1,2 Step forward on left, step forward on right
3&4 Step forward on left(3), step right next to left (&), step back on left (4)
5,6 Step back on right, step back on left
7&8 Step back on right (7), step left next to right (&), step forward on right (8)

A2: Rock Left, Recover, Rock Right, Recover, Cross, Unwind Left, Right Coaster Step

1,2 Rock left to left side, recover
3&4 step left foot beside right(3), rock right foot to right side(&), recover(4)
5,6 Cross right foot over left(5), unwind 1/2 turn left, facing 06.00(6)
7&8 Step back on right (7), step left next to right (&), step forward on right (8)

A3: 3/4 turn Left, Left Coaster Step, Step Right Left, Coaster Step Forward Right

1,2 Step left to left side and rotate left 1/4. step right forward rotate left 1/4 facing 12.00
3&4 Rotate 1/4 left (facing 09.00) by stepping left back(3), step right next to left (&), step forward on left (4)
5,6 Step right forward, step left forward
7&8 Step forward on right (7), step left next to right (&), step back on right (8)

A4: Step Left, Rock Right Back, Cross Shuffle Right, Half turn Right, Coaster Step Forward Right

1,2 Step left to left side(1), rock right foot behind left(2)
3&4 Cross left over right(3). Step right to right side(&). Cross left over right(4)
5,6 Step forward on right turning right 1/4(5), step back on left continue rotate 1/2 right facing 06.00
7&8 Step back on right (7), step left next to right (&), step forward on right (8)

Pattern B

B1: Rotating steps Half turn Right

1,2 Right to right, tap left beside right (rise arms -listen to music where to do)
3,4 step left to left rotate 1/4 right, tap right beside left
5,6 step right to right, tap left beside right
7,8 step left to left rotate 1/4 right, tap right beside left

B2: Grapevine Left, Grapevine Right (rolling - an option)

1,2 Step left to left, step right behind left
3,4 Step left to left, step right beside left.
5,6 Step right to right, step left behind right
7,8 Step right to right, step left beside right.

B3: Diagonally Steps and claps Rotating half turn Right

1,2 Step right diagonally forward to right, tap left foot beside right, clap hands

- 3,4 Step left diagonally back to left rotating 1/4 right facing 03.00, tap right foot beside left, clap hands
- 5,6 Step right diagonally forward to right, tap left foot beside right, clap hands
- 7,8 Step left diagonally back to left rotating 1/4 right facing 06.00, tap right foot beside left, clap hands

B4: Grapevine Right, Grapevine Left (rolling - an option)

- 1,2 Step right to right, step left behind right
- 3,4 Step right to right, step left beside right.
- 5,6 Step left to left, step right behind left
- 7,8 Step left to left, step right beside left.
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