

Waltz To The Limit

COPPER **KNOB**
BY STEPHEN METZ

拍数: 48 墙数: 4 级数: waltz
编舞者: Peter Heath (AUS)
音乐: Take It to the Limit - Eagles



FORWARD WALTZ, MANEUVER WALTZ, SPIN TURN, BOX FINISH

- 1-3 Step left foot forward, close right foot to left foot, close left foot to right foot
4-6 Step right foot forward commencing ½ right turn, close left foot to right foot completing the ½ right turn, close right foot to left foot
7-9 Step left foot back turning ½ right, rock right foot forward, recover left foot
10-12 Step right foot back, step left foot to left, close right foot to left foot

SIDE, TAP, HOLD; TWICE' BACK ROCKING CHAIR, BACK ROLL 2

- 13-15 Step left foot to left, tap right toe behind left foot, hold
16-18 Step right foot to right, tap left toe behind right foot, hold
19-21 Rock left foot back, recover right foot, rock left foot forward, recover right foot
22-24 Turning ½ left step left foot forward, turning ½ left step right foot back

2 BACK WALTZES; BACK ROCK 2, FORWARD/LOCK; WHISK

- 25-27 Step left foot back, close right foot to left foot, close left foot to right foot
28-30 Step right foot back, close left foot to right foot, close right foot to left foot
31-33& Rock left foot back, recover right foot, step left foot forward, lock right foot behind left foot
34-36 Step left foot forward, step right foot to right turning ¼ left, cross left foot tightly in behind right foot

FORWARD, PIVOT 2: (LEFT) BACK, COASTER STEP: BOX WALTZ

- 37-39 Step right foot forward, turn ½ left over 2 beats keeping weight on right foot
40-41&42 Step left foot back, step right foot back/close left foot to right foot, step right foot forward
43-45 Step left foot forward, step right foot to right, close left foot to right foot
46-48 Step right foot back, step left foot to left, close right foot to left foot

REPEAT

TAG

On the third sequence, restart after beat 42

PARTNER OPTION

This dance can also be done as a partner dance. Start closed (ballroom) position, follower with back to start wall and follower uses opposite foot work. The whisk will turn to semi close (side by side) position and then the follower does 2 running steps during the leaders pivot 2 (leader does only a short step forward) to finish in closed position again.