

Push It To The Limit

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Mark Cosenza (USA) - October 2008
音乐: 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