Push It To The Limit

拍数: 64   **墙数:** 4   **级数:** Intermediate

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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