

Push It to the Limit

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Improver
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音樂: More (RedOne Jimmy Joker Remix) - Usher



No Restarts; No Tags

Intro is 36 Counts

[1-8]: L Press-Kick, R Press-Kick, R Coaster, L Triple Step

1, 2 L press forward (1), weight shift back on R, kick L front (2)
3, 4 R press forward (3), weight shift back on L, kick R front (4)
5 & 6 R step back (5), L step back to meet R (&), R step forward (6)
7 & 8 L step forward (7), R step forward to meet L (&), L step forward (8)

[9-16]: R Half Turn, R Quarter Turn, 2 Kick and Points

1, 2 R step forward (1), Half turn over L shoulder (2)
3, 4 R step forward (3), Quarter turn over L shoulder (4)
5 & 6 R kick front (5), R step next to L (&), L side point to the left (6)
7 & 8 L kick front (7), L step next to R (&), R side point to the right (8)

[17-24]: L Pony, L Prep, Full Turn, 2 Camel Walks

1 & 2 R step back, L knee hitch (1), weight transfer to L (&), weight transfer to R, L knee hitch (2)

***Optional styling: push both hands palms up above your head on "light it up, up"**

3, 4 Rock back on L (3), recover R (4)
5, 6 Step L forward half turn over right shoulder weight transfer to L (5), step R half turn over right shoulder weight transfer to R
7, 8 Step L forward, pop right knee (7), Step R forward, pop left knee (8)

[25-32]: L Mambo, R Rock Recover, R Sweep, L Sweep, R Cross Behind Full Turn

1 & 2 L step out to the left (1), weight transfer to the R (&), L steps to the meet R (2)

***Optional Styling: pump arms in at chest level, palms forward on "push it to the limit"**

3, 4 R press forward (3), weight transfer to the L and R sweeps behind (4)
5, 6 Weight transfer to the right and L sweeps behind (5), weight transfer to the L and R sweeps behind and crosses L (6)
7, 8 Full unwind with weight transfer to the R