

# Take It To The Limit

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Music: Take It To The Limit – Ross Mitchell CFD-5 or Contact Choreographer

Rhythm/Phase: Waltz Phase VI

Sequence: Intro - A – B – C – A – B – C – Ending Released Date: July 2015

Footwork: Opposite except where noted Version 1.0

## INTRO

**1 - 4** **WAIT ; ; TOG TCH CP ; RISING LOCK DC ;**  
1,2 Left open position fc ptr DRW lead foot free wait 2 measures ; ;  
3 1-- Tog L to CP, tch R to L, stretch up & slight rotation RF ;  
4 123 Bk R trng LF, sd & fwd L to DC, rising to toes XRIB (W XLIF);

## PART A

**1 - 4** **TELEMARK SCP ; CURVED FEATHER ; OUTSIDE SPIN ; RT TURNING LOCK ;**  
1 123 Fwd L trng LF, sd R to CP RLOD, cont trng sd & fwd L SCP DW  
(W bk R pull L past R trng LF on R heel, cl L to R, fwd R SCP);  
2 123 Thru R trn RF, sd & fwd L, fwd outsd ptr BJO DRW(W thru L, trng RF sd & bk R, bk L);  
3 123 Cl L to R instep trng RF, fwd R around W rising, sd L CP RLW  
(W fwd R around M, fwd L cont trn RF, cl R to L);  
4 1&23 Bk R comm trng RF/XLIF cont trng RF, cont trng RF fwd R btwn W's ft rising to CP, cont trng  
RF to SCP sd & fwd L (W fwd L comm trng RF/XRIB cont trng RF, cont trng RF sd & fwd L  
around M, cont trng RF to SCP fwd R) SCP/DLC;

**5 - 8** **QUICK OPEN REVERSE ; HOVER CORTE ; BK PREP ; SAME FOOT LUNGE ;**  
5 12&3 Thru R, fwd L commencing LF turn/sd R, XLIB of R contra BJO  
(W thru L turning LF, sd & bk R to CP turning L fc/sd L, XRIF of L);  
6 123 Bk R, bk & sd L hovering trng LF, rec bk R BJO DLW(W fwd L, fwd & sd R hovering trng LF,  
rec L BJO);  
7 1-- Bk L trng RF, tch R to L fc COH, -  
(12-) (W fwd R trng RF, cl L to R fc LOD, -);  
8 1-- Relax L knee & reach sd & slightly fwd R, stretch L sd lead W to look left, -  
1--& (W relax L knee & reach bk with R toe well under body head to rt, stretch rt sd trng head L,  
-/rec fwd L trn LF);

**9 - 12** **TELESPIN ENDING INTO MINI TELESPIN ; ; CONTRA CHECK & SWITCH ;**  
**NAT HOVER CROSS;**  
9 12- Taking full weight on L spin LF, sd R cont LF turn, point L bk partial weight  
(123&) (W fwd & sd R cont LF trn on toe, cl L cont trng LF, sd & fwd R SCP DW/fwd L);

## PART A (Continued)

- 10 12- Cont LF trn fwd L LOD, sd R cont LF trn, tch L to R CP DRC(W trng LF fwd & sd R, cont trn cl L to R, -);
- 11 123 Check fwd L in CBMP slightly flexing knees with strong R side lead, rec R commence RF trn leaving L in place, Cont RF trn to LOD rec L R leg extended between W's legs;  
(W Check bk R in CBMP slightly flexing knees with strong L side lead, rec L commence RF trn leaving R in place, cont RF trn to face RLOD rec R with L extended back;)
- 12 123 Fwd R trng RF, sd L cont RF trn, sd & fwd R to SCAR LOD  
(W bk L, heel trn on L cl R, sd & bk L)

### **13 - 16** **CONT NAT HOVER CROSS SYNC END ; OPEN TELEMAR ; RIPPLE CHASSE ; CHAIR & SLIP ;**

- 13 1&23 Fwd L cking outsd ptrn/rec R, sd & fwd L, fwd R to BJO DC (W bk R/rec L, sd & bk R, bk L);
- 14 123 Fwd L trng LF, sd R to CP RLOD, cont trng sd & fwd L SCP DW  
(W bk R pull L past R trng LF on R heel, cl L to R, fwd R SCP);
- 15 12&3 Thru R, sd & fwd L comm lf sd stretch into rt sway/cl R cont sway look to rt, sd & fwd L trng to SCP;
- 16 123 Lowering on L step thru R with flexed knee, rec bk L, bk R slipping W to CP turning LF 1/4 to DC  
(W lwr on R thru L flxd knee, rec bk R comm LF trn, fwd L CP);

## PART B

### **1 - 4** **ONE LEFT TURN ; TUMBLE TURN ; BK CURVING 3 ; HOVER ;**

- 1 123 Fwd L comm LF body turn, fwd & sd R trng LF fc RLOD, cl L(W bk R, bk & sd L, cl R);
- 2 1&23 Bk R comm LF trn/sd & bk L cont trng,fwd R outsd ptrn to LOD with rt sd stretch trng LF, fwd L lowering with LF swivel  
(W fwd L comm LF trn, sd & fwd R/bk L with lft sd stretch, bk R lowering with LF swivel);
- 3 123 Bk R comm LF turn, bk L strong turn LF rising lft sd stretch, bk R under body); CP DW
- 4 123 Fwd L, sd & fwd R trng body LF, fwd L SCP DLC(W bk R, bk & sd L, trng body RF fwd R SCP);

### **5 - 8** **WHIPLASH BJO ; BK HOVER SCP ; WEAVE ; ;**

- 5 1-- Thru R, strong swivel RF pointing fwd L DC, slow stretch lead side trng W to BJO  
(W thru L, strong swivel LF point fwd R DC, slow stretch rt sd trng head to left);
- 6 123 Bk L in BJO, bk R rising & trng W RF to SCP, fwd L SCP DC;
- 7 123 Thru R, fwd L commencing LF turn, fwd & sd R cont trng LF  
(W thru L comm LF trn, sd & bk R cont LF trn, sd & fwd L);
- 8 123 XLIB cont trng, bk R trng LF, sd & fwd L BJO DLW(W XRIF CBMP, fwd L CP trng LF, sd & bk BJO);

### **9 - 12** **MANUEVER ; IMPETUS SCP ; CHASSE SCP ; JETE POINT FC COH ;**

- 9 123 Fwd R outsd ptrn CBMP comm RF trng, fwd & sd L cont trng, cl R CP RLOD  
(W bk L trng RF, sd & bk R, cont trng cl L);
- 10 123 Bk L, bk R pivoting LF on L heel chg wt to R, rise on R fwd L SCP DC  
(W fwd R, fwd & side L trng RF/rise & brush R to L, fwd R);
- 11 123 Thru R trng RF to CP, sd L/cl R, sd L to SCP DLC;
- 12 1&-- Thru R/rising on R cl L, flexing L-knee swivel LF on L extending R twd DLC, -  
(W thru L/rising on L sd & fwd R trng LF around M, flexing R-knee swivel LF on R extending L twd DLC); end RSCP trailing ft extended twd DLC looking DLC;

## PART B (Continued)

### 13 - 16      FALLAWAY RONDE SLIP ; WHISK ; OPEN NATURAL ; HESITATION CHNG W/SWAY ;

- 13 123      Sd R ronde L CCW, XLIB in SCP fcg DRW, swiveling LF on L slip R bk under body  
(W sd L ronde R CW, XRIB SCP, swiveling LF on R to fc M fwd L small step) end CP M fcg  
DLW
- 14 123      Fwd L, sd & fwd R slight RF trn, XLIB of R trng hips LF to SCP LOD  
(W bk R, sd & bk L, XRIB of L trng to SCP);
- 15 123      Thru R to SCP trng RF, sd & fwd L in front of W, bk R CBJO (W fwd L, R between M's feet, L);
- 16 12-      Bk L, trng RF sd & fwd R, drw L to R no weight stretch rt sd lft sd slightly fwd CP DC  
(W fwd R, trn RF sd & bk L, drw R to L);

## PART C

### 1 - 4      RUMBA CROSS 2 ; TO SCAR ; SYNC HOVER CROSS END ; DBLE REVERSE OVERSPIN ;

- 1 1&23      Fwd L with lft sd lead & lft sd stretch/XRIB of L trng RF (W XIF), bk L trng RF, fwd R to CP  
LOD;
- 2 1&23      Fwd L with lft sd lead & lft sd stretch/XRIB of L trng RF (W XIF), bk L trng RF L, fwd R slight  
overturn to SCAR DLW;
- 3 1&23      Fwd L cking outsd ptrn/rec R, sd & fwd L, fwd R to BJO DC (W bk R/rec L, sd & bk R, bk L);
- 4 12-&      Fwd L comm LF trn, fwd & sd R cont LF trn, cont LF trn touch L to R completing full trn to CP  
DLC/small fwd L pivot 3/8 LF
- (12&3&)      (W bk R comm LF trn, cl L to R heel turn/cont LF fwd R trng LF, XLIF of R completing full LF  
trn/small bk R pivot 3/8 LF ) to CP RLOD;

### 5 - 8      REVERSE CORTE ; CHK BK MAN PIVOT ; RUDOLPE RONDE & SLIP ; TELEMARK BJO ;

- 5 1--      Bk R comm. LF trn, cont trng on R, tch L to R CBJO DW  
(123)      (W fwd L, fwd R past M trng LF, cl R to L);
- 6 123      Ck bk L in BJO, rec R comm RF trn, cont trn sd & bk L to CP pivot RF to fc DLC and almost  
LOD;
- 7 123      Fwd R small step strong body turn RF, rec L, slip bk R pivot LF CP DC  
(W sd & bk L flex knee ronde R leg CW, XRIB to SCP, trng LF on R fwd L pivot LF to CP);
- 8 123      Fwd L, fwd & sd R turning LF, fwd L Contra BJO DW  
(W bk R, draw L heel past R turning LF close L to R, cont turn to Contra BJO bk R);

### 9 - 12      MANUVER ; SPIN & TWIST ; ; BK CHASSE FINISH BJO ;

- 9 123      Fwd R outsd ptrnRF trng, fwd & sd L cont trng, cl R CP RLOD (W bk L trng RF, sd & bk R,  
cont trng cl L);
- 10 123      Bk L pvtg RF, fwd R cont trn, sd L (Fwd R between M's ft pvtg RF, bk L cont pvt, cl R to L) to  
CP/RLOD;
- 11 1-3      XRIB partial wt, unwind RF changing wt to R, cont RF trn stp sd & bk L fc DRW  
(1&23)      (Fwd L/R around M, fwd L trng RF, fwd R between M's ft) end CP/DRW;
- 12 12&3      Bk R trng Lf, sd L/cl R, sd & fwd L BJO DW(W fwd L trng LF, bk & sd R, cl L, sd & bk R BJO);

**PART C (Continued)**

**13 – 14**

**MANUEVER ; HESITATION CHANGE ;**

- 13 123 Fwd R outsd ptrn CBMP comm RF trng, fwd & sd L cont trng, cl R CP RLOD  
(W bk L trng RF, sd & bk R, cont trng cl L);
- 14 12- Bk L, trng RF sd & fwd R, drw L to R no weight CP DC  
(W fwd R, trn RF sd & bk L, drw R to L);

**ENDING**

**1 - 4**

**DOUBLE REVERSE ; SPLIT RONDE ; SLOW CONTRA CHECK ;  
REC HIGH LINE SLIP ;**

- 1 12- Fwd L comm LF trn, fwd & sd R cont LF trn, cont LF trn touch L to R completing full trn to CP  
LOD  
(12&3&) (W bk R comm LF trn, cl L to R heel turn/cont LF fwd R trng LF, XLIF of R complete full LF  
trn/stp in pl R);
- 2 123 Ronde L fwd & around to lft (CCW), XLIB trng LF, cont LF trn slip bk R CP DRW  
(12&3) (W ronde L fwd & around to lft (CCW), XLIB trng LF/sd R cont trng, slip fwd L to M to CP);
- 3 1-- Lower on R slow fwd on L, trn body LF, cont stretch  
(W lower on L slow bk on R, trn body LF head well to left, extend)
- 4 123 Rec R, sd L to DRW stretching up to SCP, bk R slipping W to CP trng LF CP DLW;

**5 - 8**

**HOVER TELEMAR SCP ; CURVED FEATHER ; IMPETUS SCP ;  
QUICK OPEN REVERSE ;**

- 5 123 Fwd L, fwd & sd R trng RF, fwd L SCP DW  
(W bk R, bk L trng RF SCP, fwd );
- 6 123 Fwd R starting RF turn, fwd & sd L, with strong body turn RF check fwd R in contra BJO  
(W fwd L, sd R, bk L contra BJO);
- 7 123 Bk L, Bk R Pivoting LF on L heel chg wt to R, fwd L SCP DC  
(W fwd R, fwd & side L pivoting RF/rise & brush R to L, fwd R);
- 8 12&3 Thru R, fwd L commencing LF turn/sd R, XLIB of R contra BJO  
(W thru L turning LF, sd & bk R to CP turning L fc/sd L, XRIF of L);

**9 - 10**

**BK TO THROWAWAY OVESWAY ; ;**

- 9 12- Bk R trng LF, sd L trng LF, lower on L extend R bk RLOD, -  
(W fwd L trn LF, sd & bk R LF tch L to R, lwr on R ext L bk to LOD keep head well to L, -); ;