TAKE IT TO THE LIMIT

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Website: www.davisfam.info/~dance/  Release Date: August, 2008
Rhythm: Waltz  Phase: 6
Footwork: Opposite except where W’s noted by ( ); Timing 123 except as noted
Music: “Take It To the Limit”  Artist: The Eagles (from Album “One of These Nights”)
(music available online at AmazonMP3, iTunes Music Store, Walmart Music, etc.)
(music cut at 3:20, begin fade-out at 3:17 - times noted are before slowing;
contact choreographers for music questions)
Sequence: A-B-Amom-B-END  Speed: 43 rpm (28 mpm)

A (INTRO)

1-8  (CP RLOD) -, HI LINE; BK WALTZ; BK & SLOW SPIRAL TO SHADOW (W in 2);
SHADOW R TRN; BK CANTER; SHADOW R TRN; FWD WALTZ (W TRANSITION
TO CP); SD, D RAW, CLOSE;
-2-
  1  [hi line] hold, sd L to SCP strong L sd stretch, hold;
  2  [bk waltz] bk R toward LINE, bk & slightly sd L, cl R;
1--(1-3)  3  [bk & slow spiral to shadow (W in 2)] trn LF sd & fwd L toward DLW leading W to spiral, draw R to L, tch R
to L join L hnds (sd & fwd R, spiral 7/8 undr jnd ld hnds, sm fwd L toward DLW) to SHADOW POS DLW;
  4  [shadow R trn] fwrd R comm RF trn, sd L cont trn to fc RLOD, bk R (W same footwork) end SHADOW RLOD;
  5  [bk canter] bk L, draw R foot to L foot, cl R (W same footwork) end SHADOW RLOD;
  6  [shadow R trn] bk L comm RF trn, sd & fwr L toward DLC, fwr L (W same footwork) end SHADOW DLC;
  7  [fwd waltz (W trans to CP)] fwr R, fwrd L leading W to trn LF releasing shadow, cl R (fwr R, fwr L trn LF to
  1-3
  8  [sd, draw, cl] sd L, draw R to L, cl R to CP DLC;

PART B

1-38  (CP DLC) DBL REV; OP REV; TRNG LK; CURVED FTHR CK; OUTSD SPIN &
TWST TO SCP;; WEAVE TO SCP;; RUNNING OP NAT; RISING LK; HVR TO SCP;
SLOW SD LK; VIENNESE TRNS 3 MEAS;;; BOX FIN; WSK; MANUVR 1, PVT 2;
RUMBA CROSS; HVR TELEMARK; MANUVR; SPIN TRN OVRTRND; R TRNG LK;
SLOW SD LK; VIENNESE TRNS 3 MEAS;;; TOPSPIN; OK LK, SLOW LK; R TRNG
LK; THRU HVR TO BJO; BK WSK; WEAVE TO SCP;; OP NAT; OUTSD CHG TO
BJO; CK NAT & SLIP; CK REV & SLIP;
12-
  1  [dbl rev] fwr L trn LF, fwrd & sd R trn LF, spin LF on R to DLC tch L to R (bk R, trn LF on R heel xfer
(12&3)
  2  [op rev] fwrd L trn LF, sd & bk R to BJO, bk L in BJO backing DLC;
  3  [trng lk] bk R w/d DLC w/ R sd ld/XLIF of R (XRIB of L), bk & sd R trng LF, sd & fwd L to end BJO DLC;
  4  [curved fthr ck] fwr R comm RF trn, sd & fwr L cont RF trn, strong body trn RF small step fwr R cng outsdt
  5  [outsd spin] using strong RF rotation small bk L, toe turned in, fwr R around W heel lead rising to toe cont RF
trn, cont slight RF trn bk & slightly sd L (fwr R around M, cl L to R for toe spin, fwr R between M’s feet) to
  6  [& twist to SCP] XRIB of L comm RF trn on ball of R & heel of L, complete RF trn fcing DLC w/ wt on R,
(1&23)
  7  [weave to SCP] thru R, fwr L trn LF, bk R to BJO backing LOD; bk L in BJO, bk R to CP trn LF, sd & fwr L
to SCP DLC;
  8  [running op nat] thru R comm RF trn, sd & bk L, bk R w/ R sd ld/bk L in CBMP (thru L trng to fc ptr staying
well into M’s R arm, fwr R, fwrd L w/ L sd lead/fwr R outsdt ptr in CBMP);
10 \( \text{[rising lk]} \) bk R comm LF trn, sm bk & sd L cont trn, cont LF trn lk RIB of L (lk LIF of R) to CP/DLW;
11 \( \text{[hvr to SCP]} \) fwd L, fwd & sd R with rise, rec L to SCP DLC;
12 \( \text{[slow sd lk]} \) thru R, sd & fwd L to CP, XRBIF of L trng slight LF (thru L trng LF across M to CP, sd & bk R, cont slight LF trn XLIF of R) to CP DLC;
13-15 \( \text{[Viennese trns 3 meas]} \) fwd L comm LF trn, cont trn fwd & sd R, XLIF of R (cl R to L) to CP RLOD; bk R comm LF trn, cont trn bk & sd L, cl R to L (XLIF of R) to CP LOD; fwd L comm LF trn, cont trn fwd & sd R, XLIF of R (cl R to L) to CP RLOD;
16 \( \text{[box fin]} \) bk R, trng LF sd L, cl R to CP DLW;
17 \( \text{[wsk]} \) fwd L, fwd & sd R comm rise, cont rise XLIB of R (fwd R, bk & sd L, XRBIF of L) to SCP DLW;
18 \( \text{[manuvr 1, pvt 2]} \) fwd R across ptr comm RF trn (fwd L), bk L comm RF pvt, fwd R cont pvt to CP LOD;
19 \( \text{[rumba cross]} \) strong step fwd L comm RF trn/XRIB of L cont RF trn to fc WALL, cont RF trn sd & slightly bk L pvt 1/2 RF, fwd R LOD between W’s feet in CP;
20 \( \text{[hvr telemark]} \) fwd L, fwd and slight sd R between W’s feet rising & trng RF, cont RF trn sd & fwd L to SCP DLW;
21 \( \text{[manuvr]} \) fwd R across ptr comm RF trn (fwd L), cont RF trn sd L to fc ptr RLOD, cl R;
22 \( \text{[spin trn ovtrnd]} \) bk L pvt RF, fwd R pvt RF, bk L toward LOD in CP;
23 \( \text{[R trng lk]} \) trn RF bk R to BJO/XLIF of R (XRBIF), sd & fwd R toe pointed DLC cont RF trn, cont RF trn sd & fwd L in SCP DLC;
24 \( \text{[slow sd lk]} \) thru R, sd & fwd L to CP, XRBIF of L trng slight LF (thru L trng LF across M to CP, sd & bk R, cont slight LF trn XLIF of R) to CP DLC;
25-27 \( \text{[Viennese trns 3 meas]} \) fwd L comm LF trn, cont trn fwd & sd R, XLIF of R (cl R to L) to CP RLOD; bk R comm LF trn, cont trn bk & sd L, cl R to L (XLIF of R) to CP LOD; fwd L comm LF trn, cont trn fwd & sd R, XLIF of R (cl R to L) to CP RLOD;
28 \( \text{[topspin]} \) bk R comm LF trn/sd & bk L toe pointing twd LOD cont LF trn, fwd R LOD outsd ptr comm 3/8 LF spin keeping knees tog & L foot bk, bk L DLW to complete spin (fwd L comm LF trn/sd & fwd R, bk L LOD comm LF spin keeping R foot fwd, fwd R DLW to complete spin) to end BJO DRC;
29 \( \text{[gk lk, slow lk]} \) bk R in BJO/lk LIF of R, bk R, lk LIF of R backing DLW;
30 \( \text{[R trng lk]} \) bk R in BJO/lk LIF of R (lk LIF), sd & fwd R toe pointed DLC comm RF trn, cont RF trn sd & fwd L in SCP DLC;
31 \( \text{[thru hvr to BJO]} \) fwd R, fwd L rising to ball of foot & ckg, rec R (fwd L, fwd R rising to ball of foot & cking trning LF to BJO, rec fwd L) to BJO DLC;
32 \( \text{[bk wsk]} \) bk L, bk & sd R comm rise, cont rise XLIB of R (fwd R, fwd & sd L, XRBIF of L) to SCP DLC;
33-34 \( \text{[weave to SCP]} \) thru R, fwd L trn LF, bk R to BJO backing LOD; bk L in BJO, bk R to CP trn LF, sd & fwd L to SCP DLC;
35 \( \text{[op nat]} \) thru R in SCP, trn RF sd L, trn RF bk R in BJO;
36 \( \text{[outsd chg to BJO]} \) bk L in BJO, bk R to CP trn LF, sd & fwd L outsd ptr to BJO DLW;
37 \( \text{[ck nat & slip]} \) fwd R DLW, sd & fwd L trng RF cking RF trn, bk R trng LF to CP DLC (bk L, cl R rise to toes trng RF cking bk motion, trng LF slip fwd L to CP);
38 \( \text{[ck rev & slip]} \) fwd L DLC, sd & fwd R trng LF cking LF trn shaping R w/ head R, bk L trng RF to CP DLW (bk R, cl L rise to toes trng LF cking bk motion, trng RF slip fwd R to CP);

**Amod**

1-8  
\( \text{(CP DLW) MANUVR 1, HI LINE; BK WALTZ; BK & SLOW SPIRAL TO SHADOW (W IN 2); SHADOW R TRN; BK CANTER; SHADOW R TRN; FWD WALTZ (W TRANSITION TO CP); SD, DRAW, CLOSE; } \)

12-  
1 \( \text{[manuvr 1, hi line]} \) fwd R across ptr comm RF trn (fwd L), cont RF trn sd L to SCP strong L sd stretch, hold;
2-8 \( \text{[bk waltz][bk & slow spiral to shadow (W in 2)][shadow R trn][bk canter][shadow R trn][fwd waltz (W trans to CP)][sd, draw, close] } \) repeat meas 2-8 of Part A;;;;;;
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REPEAT PART B

1-38 (CP DLC) DBL REV; OP REV; TRNG LK; CURVED FTHR CK; OUTSD SPIN & TWST TO SCP;; WEAVE TO SCP;; RUNNING OP NAT; RISING LK; HVR TO SCP; SLOW SD LK; VIENNESE TRNS 3 MEAS;; BOX FIN; WSK; MANUVR 1, PVT 2; RUMBA CROSS; HVR TELEMARK; MANUVR; SPIN TRN OVRTRND; R TRNG LK; SLOW SD LK; VIENNESE TRNS 3 MEAS;; TOPSPIN; QK LK, SLOW LK; R TRNG LK; THRU HVR TO BJO; BK WSK; WEAVE TO SCP;; OP NAT; OUTSD CHG TO BJO; CK NAT & SLIP; CK REV & SLIP;

END

1-10 (CP DLW) MANUVR; PVT 3; RUDOLPH RONDE & SLIP; MINI TELESPIN;; CONTRA CK & SWITCH; CK NAT & SLIP; CK REV & SLIP; R LUNGE, REC TO THROWAWAY OVERSWAY; & EXTEND;

1 {manu} fwr R across ptr comm RF trn (fwr L), cont RF trn sd L to fc ptr RLOD, cl R;
2 {pvt 3} bk L RF trn 1/2, fwr R between W’s feet RF trn 1/2, bk L RF trn 1/2;
3 {Rudolph ronde & slip} fwr R between W’s feet comm RF trn but stop action by flexing R knee while keeping L foot bk cont body trn allowing L sd to remain toward W (bk L trng RF to SCP allowing R leg to ronde CW keeping R sd toward M w/ R leg crossing behind L leg at end of ronde action), bk L (bk R comm pvt LF on ball of R thighs locked & L leg extended), rise & slip bk R trng LF to DLC;

--- 12- 4-5 {mini telespin} fwr L DLC trng LF, sd R cont LF trn, sd & bk pt L LOD in momentary SCAR;

(123&;12-) comm LF spin on L, sd R DLC to CP DRC, tch L to R (bk R DLC trng LF, cl L to R heel trn, sd & fwr R LOD in momentary SCAR/fwr L LOD trng LF; fwr & sd R DLC, trng LF small sd L to CP, tch R to L);
6 {contra ck & switch} comm upper body LF trn w/ R shldr lead ck fwr L in CBMP, rec R comm strong RF trn leaving L foot almost in place, strong RF trn rec L to CP DLW;
7 {ck nat & slip} fwr R DLW, sd & fwr L trng RF cking RF trn, bk R trng LF to CP DLC (bk L, cl R rise to toes trng RF cking bk motion, trng LF slip fwr L to CP);
8 {ck rev & slip} fwr L DLC, sd & fwr R trng LF cking LF trn shaping R w/ head R, bk L trng RF to CP DLW (bk R, cl L rise to toes trng LF cking bk motion, trng RF slip fwr R to CP);

12- 9 {R lunge, rec to throwaway oversway} w/ R sd stretch lunge sd & slightly fwr R, rec bk L trng LF (rec fwr R trng RF brushing L foot next to R), cont LF trn to CP DRC;
--- 10 {extend} extend line by bringing R sd thru to W leaving R foot bk to DLW (extend L foot bk to DRC)