

# Ain't No Limits

COPPER KNOB  
BY STEPHEN

Count: 32

Wand: 4

Ebene: High Improver

Choreograf/in: Moe Qureshi (USA) & Patti Pisoni Brione (USA) - February 2023

Musik: No Limits (feat. Jimmie Allen) - Fueled by 808, Kid Rock & Austin Mahone



**Intro: 40 counts - Restart on Wall 7**

## Section 1 – Step R with hip rolls, Sailor L, R, Heel grind

- 1-2 Step R to side rolling hips counter-clockwise twice
- 3&4 Cross L behind R (3) Step R to R (&) Step L slightly forward and L (4)
- 5&6 Cross R behind L (5) Step L to L (&) Step R slightly forward and R (6)
- 7-8 Grind Left heel ¼ turn L (7) Recover weight onto R (8)

## Section 2 – Step L back, Hold, Ball step together, Out-Out/ In-In, step forward R, Drag L

- 1-2 Step L back (1) Hold (2)
- &3-4 Ball step R next to L (&) Step forward L (3) Touch R next to L (4)
- &5&6 Step R to R (&) Step L to L (5) Step R back to center (&) Step L beside R (6)
- 7-8 Take a big step forward on R (7) Drag L forward putting weight on it (8)

**Restart here on Wall 7 starting on 6:00 - restart happens at 3:00**

## Section 3 – Toe switches, R heel, Hold, L heel, R toe point, Slide L, Touch

- 1&2& Point R to R (1) Return R to center (&) Point L to L (2) Return L to center (&)
- 3-4 Present R heel forward (3) Hold (4)
- &5&6& Return R heel to center (&) Present L heel forward (5) Return L heel to center (&) Point R to R (6) Return R to center (&)
- 7-8 Slide L to L (7) Touch R beside L (8)

## Section 4 - ¼ Turn R ( X2), Rock R back , Recover, Walk R,L,R,L

- 1-2 Turn ¼ R stepping R forward (1) Turn ¼ R Stepping L to side (2)
  - 3-4 Step R back (3) Recover weight onto L (4)
  - 5-8 Walk forward booty poppin to the beat R (5) L (6) R (7) L (8)
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