

No Limit

Compte: 64

Mur: 4

Niveau: Intermediate

Chorégraphe: Lisa B. Martin

Musique: No Limit - 2 Unlimited



STEP PIVOT ½, KICK BALL CHANGE, WALK, WALK, SCUFF STEP SIDE

- 1-2 Step forward on right, pivot ½ turn left
- 3&4 Kick right foot forward, step right next to left, step forward left
- 5-6 Walk forward right, left
- 7-8 Scuff right forward, step it down to right side

KNEE BENDS, SAILOR STEPS

- 1-2 Bend right knee into left knee, bend knee out
- 3&4 Bend knee in, out, in
- 5&6 Step right behind left, step left beside, step onto right
- 7&8 Step left behind right, step right to right side, step onto left

STEP STOMP, STEP TOUCH, KICK, KICK, TOE BACK, PIVOT ¼

- 1-2 Step right to right side, stomp left next to right
- 3-4 Step right to right side, stomp left next to right, step right to right side, touch left next to right
- 5-6 Kick left foot twice
- 7-8 Touch left toe back, putting weight on left pivot ¼ turn left

BODY ROLL DOWN, BODY ROLL UP, WALK, WALK, RIB ISOLATIONS

- 1&2 Body roll down
- 3&4 Body roll up
- 5-6 Walk forward right, left
- 7-8 Push ribs to right side push ribs to left side

MARCH FORWARD, TOUCH, ¼ STEP TOGETHER SIDE TOUCH

- 1-2 March forward on right, left
- 3-4 March right, touch left beside right
- 5-6 Make ¼ left stepping left foot to left side, step right beside left
- 7-8 Step left foot to left side, touch right beside left

CROSS & HEELS, CROSS UNWIND ½, STEP OUT, STEP OUT

- 1&2 Cross right over left, step left to left side, put right heel to right side
- &3&4 Step onto right, cross left over right, step right to right side, put left heel to left side
- &5-6 Step onto left, cross right over left, unwind ½ turn left
- 7-8 Step right foot to right side, step left foot to left side

RIGHT SIDE SHUFFLE, LEFT SIDE SHUFFLE, STEP PIVOT ¼, CROSS SHUFFLE

- 1&2 Step right to right side, step left beside right, step right to right side
- 3&4 Step left to left side, step right beside left, step left to left side
- 5-6 Step forward on right, pivot ¼ turn left
- 7&8 Cross right over left, step left to left side, cross right over left

SIDE ROCK, SAILOR STEP, SCUFF STEP, PIGEON TOE

- 1-2 Rock left to left side, recover on right
- 3&4 Step left behind right, step right to right side, step onto left
- 5-6 Scuff right foot forward, step it down next to left

7-8

Pigeon toes in and feet together

REPEAT

TAG

At the end of the 3rd wall hold for 4 counts and shout "yeah"
