

No Limits Tik Tok

拍数: 96 墙数: 1 级数: Intermediate
编舞者: Ross Brown (ENG) - August 2022
音乐: Tik Tok (feat. Sean Paul) - Bob Sinclar : (CD: Tik Tok)



Intro : 16 Counts (Approx. 8 Seconds)

Restart : On Wall 1, start the dance again after 32 Counts (*R*) facing Front Wall.

CROSS, SIDE. SAILOR HEEL. BALL, CROSS, SIDE. SAILOR HEEL.

- 1 – 2 Cross step R over L, step L to L.
- 3 & 4 Cross step R behind L, step L to L, tap R heel to R diagonal.
- & 5 – 6 Step R next to L, cross step L over R, step R to R.
- 7 & 8 Cross step L behind R, step R to R, tap L heel to L diagonal. (12 O'CLOCK)

BALL, CROSS, BACK ¼ TURN R. CHASSE RIGHT. BALL, SIDE ROCK. BEHIND, SIDE, CROSS, SIDE.

- & 1 – 2 Step L next to R, cross step R over L, make a ¼ turn R stepping L back.
- 3 & 4 Step R to R, close L up to R, step R to R.
- & 5 – 6 Step L next to R, rock R to R, recover onto L.
- 7 & 8 & Cross step R behind L, step L to L, cross step R over L, step L to L. (3 O'CLOCK)

ROCK BACK. HITCH, OUT, OUT. BALL, CROSS, SIDE. HITCH, OUT, OUT.

- 1 – 2 Rock R back, recover onto L.
- 3 & 4 Hitch R knee up, step R to R, step L to L.
- & 5 – 6 Step R next to L, cross step L over R, step R to R.
- 7 & 8 Hitch L knee up, step L to L, step R to R. (3 O'CLOCK)

BALL, CROSS, SIDE. BEHIND, STEP ¼ TURN L, ROCK FORWARD. WALK BACK. COASTER STEP, BALL.

- & 1 – 2 Step L next to R, cross step R over L, step L to L.
 - 3 & 4 & Cross step R behind L, make a ¼ turn L stepping L forward, rock R forward, recover onto L.
 - 5 – 6 Walk back; R, L.
 - 7 & 8 & Step R back, step L next to R, step R forward, step L next to R. (12 O'CLOCK)
- (*R*)

WALK FORWARD. OUT, OUT, RECOVER. SAILOR STEP. SAILOR STEP.

- 1 – 2 Walk forward; R, L.
- & 3 – 4 Step R forward and out, step L out, recover onto R.
- 5 & 6 Cross step L behind R, step R to R, step L to L.
- 7 & 8 Cross step R behind L, step L to L, step R to R. (12 O'CLOCK)

TOUCH BEHIND, UNWIND ½ TURN L, SWEEP. SYNCOPATED JAZZ BOX. HOLD, BALL, CROSS.

- 1 – 2 – 3 Touch L toe behind R, unwind a ½ turn L (weight onto L), sweep R forward.
- 4 – 5 & 6 Cross step R over L, step L back, step R to R, cross step L over R.
- 7 & 8 Hold for Count 7, step R next to L, cross step L over R. (6 O'CLOCK)

Note: On Counts 1 – 2, slightly bounce your body up and down.

SIDE ROCK ¼ TURN R. (¼ TURN R) SIDE ROCK. BEHIND, SIDE POINT. BEHIND, SIDE POINT.

- 1 – 2 Rock R to R, make a ¼ turn R recovering onto L. (Push hips as you Rock)
- 3 – 4 Make a ¼ turn R rocking R to R, recover onto L. (Push hips as you Rock)
- 5 – 8 Cross step R behind L, point L to L, cross step L behind R, point R to R. (12 O'CLOCK)

BEHIND, SIDE POINT. BALL, POINT, HITCH, POINT. TWIST BODY; R, L. BODY ROLL.

- 1 – 2 Cross step R behind L, point L to L.

- & 3 & 4 Step L next to R, point R to R, hitch R knee up, point R to R.
5 – 6 Twist body; R, L.
7 – 8 Roll body up. (Weight ends on L) (12 O'CLOCK)

SCUFF, SIDE TOUCH. KNEE IN, KICK ¼ TURN R. SHUFFLE BACK. COASTER STEP.

- 1 – 2 Scuff R foot through, touch R to R.
3 – 4 Twist R knee in, make a ¼ turn R kicking R forward.
5 & 6 Step R back, close L up to R, step R back.
7 & 8 Step L back, step R next to L, step L forward. (3 O'CLOCK)

SKATE FORWARD. SYNCOPATED JAZZ BOX into CROSS SHUFFLE.

- 1 – 4 Skate forward; R, L, R, L.
5 – 6 & Cross step R over L, step L back, step R to R.
7 & 8 Cross step L over R, close R up to L, cross step L over R. (3 O'CLOCK)

CROSS ½ TURN R, HOLD. BALL, CROSS SHUFFLE. SIDE ROCK. BEHIND, SIDE, FORWARD.

- 1 – 2 Make a sharp ½ turn R cross stepping R over L, hold for Count 2.
& 3 & 4 Step L next to R, cross step R over L, close L up to R, cross step R over L.
5 – 6 Rock L to L, recover onto R.
7 & 8 Cross step L behind R, step R to R, step L forward. (9 O'CLOCK)

STEP, KICK, LOCK. BACK, STEP ½ TURN L. STEP, KICK, LOCK. BACK, SIDE ¼ TURN L.

- 1 – 2 & Step R forward, kick L forward, lock L across R.
3 – 4 Step R back, make a ½ turn L stepping L forward.
5 – 6 & Step R forward, kick L forward, lock L across R.
7 – 8 Step R back, make a ¼ turn L stepping L to L. (12 O'CLOCK)

END OF DANCE!
