

Ain't No Limits

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: High Improver
編舞者: Moe Qureshi (USA) & Patti Pisoni Brione (USA) - February 2023
音樂: 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)
