

No Limit

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Lisa B. Martin
音樂: 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"
