

# No Limits

拍數: 64      牆數: 4      級數:  
編舞者: Mairi F McFarlane (SCO)  
音樂: Near You - Dwight Yoakam



## SYNCOPATED WEAVE, POINT, CROSS, UNWIND AND COASTER STEP

1-2      Step right foot to right side, step left foot behind right foot  
3&4      Step right foot to right side, cross left foot over right, point right toes to right side  
5-6      Cross right foot over left, unwind ½ turn to left (keeping weight on left, pop right knee)  
7&8      Step back on right foot, step forward on left foot, step right foot next to left foot

## SYNCOPATED WEAVE, POINT, CROSS, UNWIND AND COASTER STEP

1-2      Step left foot to left side, step right foot behind left foot  
3&4      Step left foot to left side, cross right foot over left point left toes to left side  
5-6      Cross left foot over right, unwind ½ turn to right (keeping weight on right, pop left knee)  
7&8      Step back on left foot, step forward on right foot, step left foot next to right foot

## CROSS ROCK, ½ TURNING SHUFFLE, CROSS ROCK AND COASTER STEP

1-2      Cross rock right foot diagonally across left foot, rock back onto left foot  
3&4      Shuffle right, left, right while turning ½ turn right  
5-6      Cross rock left foot diagonally across right foot, rock back onto right foot  
7&8      Step back on left foot, step forward on right foot, step left foot next to right foot

## FORWARD ROCK, LOCK STEP BACK, BACK ROCK AND LOCK STEP FORWARD

1-2      Rock forward on to right foot, rock weight back onto left foot  
3&4      Step back on right foot, lock left foot over right foot, step back on right foot  
5-6      Rock back onto left foot, rock weight forward onto right foot  
7&8      Step forward on left foot, lock right foot behind left, step forward on left foot

## SIDE, TOGETHER, CHASSE', CROSS ROCK AND HEEL, BALL CROSS

1-2      Step right foot to right side, step left foot next to right foot  
3&4      Step right foot to right side, step left foot next to right foot, step right foot to right side  
5-6      Cross rock left foot diagonally over right, rock back onto right foot  
7&8      Dig left heel diagonally forward, step on ball of left foot, cross right foot over left foot

## SIDE, TOGETHER, CHASSE', CROSS ROCK AND HEEL, BALL CROSS

1-2      Step left foot to left side, step right foot next to left foot  
3&4      Step left foot to left side, step right foot next to left foot, step left foot to left side  
5-6      Cross rock right foot diagonally over left, rock back onto left foot  
7&8      Dig right heel diagonally right, step on ball of right foot, cross left foot over right foot

## SIDE ROCK, CROSS SHUFFLE, SIDE ROCK, ¼ TURN AND FORWARD SHUFFLE

1-2      Rock right foot to right side, rock weight back onto left  
3&4      Cross right foot over left, step left foot to left side, step right foot to left side  
5-6      Rock left foot to left side, rock weight back onto right (¼ turn right)  
7&8      Step left foot forward, step right foot forward, step left foot forward

## SIDE, TOGETHER, CHASSE', CROSS ROCK AND COASTER CROSS

1-2      Step right foot to right side, step left foot next to right foot  
3&4      Step right foot to right side, step left foot next to right foot, step right foot to right side  
5-6      Rock left foot diagonally over right foot, rock weight back onto right

7&8

Step back on left foot, step forward on right foot, cross step left foot over right foot

**REPEAT**

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