

# Ain't No Limit

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Anne Harris (UK)  
音樂: If You Love Somebody - Kevin Sharp



## RIGHT SCISSORS; TRIPLE ½ TURN RIGHT; REPEAT

1&2      Right step to right side, left close beside right, right cross over left  
3&4      Stepping left, right, left make ½ turn right  
5&6      Right step to right side, left close beside right, right cross over left  
7&8      Stepping left, right, left make ½ turn right

## RIGHT SHUFFLE; ¼ SIDE SHUFFLE; BEHIND, TURN, STEP; & STEP; RIGHT SHUFFLE

1&2      Step right forward, left instep close to right heel, step right forward  
3&4      Making ¼ turn right step left to left side, right close beside left, left to left side  
5&6      Right cross behind left, making ¼ turn left step forward on to left, step right forward  
&7&8      Step left forward, step right forward, left instep to right heel, step right forward

## STEP, ½ TURN, STEP; CROSS, ¼ TURN, SIDE; SIDE, BEHIND, SIDE; & FRONT SIDE, BEHIND, SIDE

1&2      Step left forward, pivot ½ turn right, step left forward  
3&4      Right cross over left, left step back making ¼ turn right, right step to right  
5&6      Left step to left side, right cross behind left, left to left side  
&7&8      Right cross over left, left to left side, right behind left, left to left side

## RIGHT CROSS ROCK, RECOVER, SIDE; LEFT CROSS ROCK, RECOVER, SIDE; CROSS, BACK, HEEL; & CROSS & CROSS

1&2      Right rock across front of left, recover weight on to left, right step to right side  
3&4      Left rock across front of right, recover weight on to right, left step to left side  
5&6      Right cross over left, step left back, right heel touch forward on right diagonal  
&7&8      Step right back, left cross in front of right, right step to right side, left cross in front of right

## REPEAT

## RESTART

After the end of wall one do the first 8 counts of the dance and then re-start from the beginning again. (i.e. First 8 counts twice)

## FINISH

You will start the dance for the final time facing the 9:00 wall. Do the scissors and then make the triple turn a ¼ turn which will leave you facing the front for a big flourish.