

# No Limit

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Mike Hitchen (UK) - September 2013  
音樂: No Limit - 2 Unlimited : (Album: No Limit)



## Intro 36 counts after heavy beat (03:43)

### Side Rock, Cross Shuffle, ¾ Turn Right, Step ¼ Turn Right.

1-2            Rock right to right side, Recover weight to left.  
3&4           Cross right over left, Step left to side, Cross right over left.  
5-6           ¼ Turn right stepping left back ½ Turn right stepping right forward.  
7-8           Step left forward, Turn ¼ turn right. [12:00]

### Cross Side, Behind Side Cross, Step drag, & Cross Side.

1-2            Cross left over right, Step right to side.  
3&4           Cross left behind right, Step right to side, Cross left over right,  
5-6           Step right to right side, Drag left towards right.  
&7-8          Step on left, Cross right over left, Step left to side. [12:00]

### Touch Pivot, Coaster step, Step Lock, Step Lock Step.

1-2            Touch right toe back, Pivot ½ turn right.  
3&4           Step right back, Step left together, Step right forward.  
5-6           Step left forward, Lock right behind left.  
7&8           Step left forward, Lock right behind left, Step left forward. [6:00]

### Cross Side, Sailor step, Cross Side, Sailor Step Forward.

1-2            Cross right over left, Step left to side.  
3&4           Cross right behind left, Step left to left side, Step right to right side.  
5-6           Cross left over right, Step right to side.  
7&8           Cross left behind right, Step right to right side, Step left forward [6:00]

### Rock Step, Shuffle ½ Turn, ¼ Turn Touch, Chasse Right.

1-2            Rock forward on right, Recover weight to left.  
3&4           Step right ¼ turn right, Step left together, Step right ¼ turn right.  
5-6           Step left ¼ turn right, Touch right next to left.  
7&8           Step right to side, Step left together, Step right to side. [3:00]

### Cross Touch, Cross Touch, Cross Unwind, Kick-Ball –Step.

1-2            Cross left over right, Touch right out to side.  
3-4           Cross right over left, Touch left out to side.  
5-6           Cross left behind right, Unwind ½ turn left. (weight on left)  
7&8           Kick right forward, Step on right, Step left forward. [9:00]

## [TWO RESTARTS HERE & A TAG]

### Rock Step, Shuffle ½ Turn, Step Side Hold, & Step Touch.

1-2            Rock forward on right, recover weight to left.  
3&4           Step right ¼ turn right, Step left together, Step right ¼ turn right.  
5-6           Step left to left side, Hold  
&7-8          Step right next to left, Step left to left, Touch next to left. [3:00]

### Rock Step, Shuffle ½ Turn, Step lock, Step lock Step.

1-2            Rock right forward, Recover weight to left.  
3&4           Step right ¼ turn right. Step left together. Step right ¼ turn right.

5-6 Step left forward, Lock right behind left.  
7&8 Step left forward, Lock right behind left, Step left forward. [9:00]

**First Restart: Wall 3 - add Tag, Restart dance after 48 Counts**

1-2 Rock right forward, Return weight to left [ Rocking Chair]  
3-4 Rock right back, Return weight to left

**Second Restart wall 6: same place, no Tag after kickball Step, 48 counts**

Contact: [mbhitchen@aol.com](mailto:mbhitchen@aol.com)

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