

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
