

# No Limit

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**Count:** 64

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Mike Hitchen (Sept 2013)

**Music:** No Limit (Album 2 Unlimited)

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

### **Side Rock, Cross Shuffle, $\frac{3}{4}$ Turn Right, Step $\frac{1}{4}$ 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 $\frac{1}{4}$  Turn right stepping left back  $\frac{1}{2}$  Turn right stepping right forward.**

**7-8** Step left forward, Turn  $\frac{1}{4}$  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  $\frac{1}{2}$  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 $\frac{1}{2}$ Turn, $\frac{1}{4}$ 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**

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