



Web site: www.linedancermagazine.com

E-mail: admin@linedancermagazine.com

Ain't No Limit

32 count, 4 wall, beginner/intermediate level
Choreographer: Anne Harris (UK) Dec 2001
Choreographed to :If You Love Somebody by
Kevin Sharp, Measure Of A Man album
(158 bpm)

Start on vocals

R SCISSORS; TRIPLE 1/2 TURN R; REPEAT

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

R SHUFFLE; 1/4 SIDE SHUFFLE; BEHIND,TURN, STEP; & STEP; R SHUFFLE

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

STEP,1/2 TURN,STEP; CROSS,1/4 TURN,SIDE; SIDE,BEHIND, SIDE; &FRONT, SIDE,BEHIND,SIDE

1&2 Left step forward, pivot 1/2 turn right, Left step forward
3&4 Right cross over left, Left step back making 1/4 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

R CROSS ROCK,RECOVER,SIDE; L 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, Left step back, Right heel touch forward on right diagonal
&7&8 Right step back, Left cross in front of right, Right step to right side, Left cross
in front of right

START AGAIN

Notes: After the end of wall one do the first 8 counts of the dance and then re-start from the beginning again. (ie first 8 counts twice). You will start the dance for the final time facing the 9 o'clock wall, do the scissors and then make the triple turn into a triple with 1/4 turn right, which will leave you facing the front for a big flourish (well, throw hands in air anyway!)
