

## No Limit

64 count, 4 wall, intermediate level

Choreographer: Lisa B. Martin (UK) Jan 2005

Choreographed to: No Limit by 2 Unlimited from The

Best Party Album In The World...ever [UK] Disc 1

**tep Pivot ½, Kick Ball Change, Walk, Walk, Scuff Step Side**

- 1 – 2 Step forward on right, pivot ½ turn left  
3 & 4 Kick right foot forward, step right next to left, step forward left  
5 – 6 Walk forward right, left  
7 – 8 Scuff right forward, step it down to right side

**Knee Bends, Sailor Steps**

- 1 – 2 Bend right knee into left knee, Bend knee out  
3 & 4 Bend knee in, out, in  
5 & 6 Step right behind left, step left beside, step onto right  
7 & 8 Step left behind right, step right to right side, step onto left

**Step Stomp, Step Touch, Kick, Kick, Toe Back, Pivot ¼**

- 1 – 2 Step right to right side, stomp left next to right  
3 – 4 Step right to right side, stomp left next to right, Step right to right side, touch left next to right  
5 – 6 Kick left foot twice  
7 – 8 Touch left toe back, putting weight on left pivot ¼ turn left

**Body Roll Down, Body Roll Up, Walk, Walk, Rib Isolations**

- 1 & 2 Body roll down  
3 & 4 Body roll up  
5 – 6 Walk forward right, left  
7 – 8 Push ribs to right side push ribs to left side

**March Forward, Touch, ¼ Step Together Side Touch**

- 1 – 2 March forward on right, left  
3 – 4 March right, touch left beside right  
5 – 6 Make ¼ left stepping left foot to left side, step right beside left  
7 – 8 Step left foot to left side, touch right beside left

**Cross & Heels, Cross Unwind ½, Step Out, Step Out**

- 1 & 2 Cross right over left, step left to left side, put right heel to right side  
& 3 & 4 Step onto right, cross left over right, step right to right side, put left heel to left side  
& 5 – 6 Step onto left, cross right over left, unwind ½ turn left  
7 – 8 Step right foot to right side, step left foot to left side

**Right Side Shuffle, Left Side Shuffle, Step Pivot ¼, Cross Shuffle**

- 1 & 2 Step right to right side, step left beside right, step right to right side  
3 & 4 Step left to left side, step right beside left, step left to left side  
5 – 6 Step forward on right, pivot ¼ turn left  
7 & 8 Cross right over left, step left to left side, cross right over left

**Side Rock, Sailor Step, Scuff Step, Pigeon Toe**

- 1 – 2 Rock left to left side, recover on right  
3 & 4 Step left behind right, step right to right side, step onto left  
5 – 6 Scuff right foot forward, step it down next to left  
7 – 8 Pigeon toes in and feet together

**Tag** – At the end of the 3<sup>rd</sup> wall hold for 4 counts and shout "Yeah"