



No Limit!



by Maria Maag – maria.maag@hotmail.com
 & Jannie Tofte Andersen (DK) - jannie@love-to-dance.dk

Date of choreography: January 2011

Type of dance: 2 wall phrased dance. A: 32 counts, B: 32 counts
 Level: Advanced
 Phrasing: A, A, B, B, A, B, B, A, B, A, B, B
 Music: 'TIK TOK' (Radio Edit) by Bob Sinclar & Sean Paul. Buy on iTunes.
 Intro: 16 count intro (app. 7 sec. into track)

A SECTION

Counts	Footwork	End facing
1-8	Cross rock, Chasses, Ball side rock, Sailor ½ R cross	
1-2	Cross R over L, recover back onto L	12:00
3&4&	Step R to R side, step L next to R, step R to R side, step L next to R	12:00
5-6	Rock R to R side, recover onto L	12:00
7&8	Cross R behind L turning ¼ R, step L to L side turning ¼ R, cross R over L	06:00
9-16	Ball cross rock, Side rock, Behind side cross rock, Side, Weave	
&1-2	Step down on L, cross R over L, recover onto L	06:00
3&4&	Rock R to R side, recover onto L, cross R behind L, step L to L side	06:00
5-6	Cross R over L, recover onto L	06:00
7&8&	Step R to R side, cross L over R, Step R to R side, cross L behind R	06:00
17-24	Side rock, Coaster step lock step, Step ½ R, Step lock step	
1-2	Rock R to R side, recover onto L	06:00
3&4&5	Step R back, step L next to R, step R fw, lock L behind R, step R fw,	06:00
6-7	Step L fw, turn ½ R stepping down on R	12:00
&8&	Step L fw, lock R behind L, step L fw	12:00
25-32	Rock step, Sailor ½ R cross, Vine, Cross shuffle, Side	
1-2	Rock R fw, recover onto L	12:00
3&4	Cross R behind L turning ¼ R, step L to L side turning ¼ R, cross R over L	06:00
&5-6	Step L to L side, cross R behind L, step L to L side	06:00
7&8&	Cross R over L, step L to L side, cross R over L, step L to L side	06:00

B SECTION (first time starts facing 12 o'clock)

Counts	Footwork	End facing
1-8	Cross side rock x2, Cross turn turn, Cross side together	
1&2	Cross R over L, rock L to L side, recover onto R	12:00
3&4	Cross L over R, rock R to R side, recover onto L	12:00
5&6	Cross R over L, turn ¼ R stepping L back, turn ¼ R stepping R to R side	06:00
7&8	Cross L over R, step R to R side, step L next to R angling towards your L diagonal <i>Styling option: when stepping L next to R push your bum back and rising up on your toes</i>	04:30
9-16	Hip rolls x2, Touch & back step x2, Side rock cross	
1-2&	Still facing your diagonal, place R fw rolling your hip full circle clockwise (1-2), step R next to L (&)	04:30
3-4&	Squaring up to your 3 o'clock, place L fw rolling your hip full circle counter clockwise (3-4), step L next to R (&)	03:00
5&6&	Touch R fw, step R back, touch L fw, step L back	03:00
7&8	Rock R to R side, recover onto L, cross R over L	03:00

17-24	Side back rock x2, Full L volta turn	
1&2	Step L to L side, rock back on R, recover onto L	03:00
3&4	Step R to R side, rock back on L, recover onto R	03:00
5&6&	Turn ¼ L crossing L in front of R (5), turn ¼ L stepping R to R side (&), cross L in front of R (6), turn ¼ L stepping R to R side (&) <i>Styling for counts 5-8: keep thighs together turning on the spot</i>	06:00
7&8	Cross L in front of R (7), turn ¼ L stepping R to R side (&), step L a small step fw (8)	03:00
25-32	Rock ¼ R side, Mambo together, Kick step point, Hip roll, 1/8 L Collect	
1&2	Rock fw on R, recover onto L, turn ¼ R stepping R to R side	06:00
3&4	Rock fw on L, recover onto R, step L next to R	06:00
5&6	Kick R fw, step R back opening body to 7.30, touch left fw knee slightly bended (weight R)	06:00
7-8&	Keeping weight back on R roll hip full circle counter clockwise (7-8), turn 1/8 L on R foot stepping L next to R	04:30

Good luck & enjoy!