

# NO LIMIT (Remix)

Level: Interm.

Music: by 2 Unlimited, Album Unlimited Hits & Remixes (2014)

Time: 3:44

Song-ID: 246812189

bpm: 142

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partially copied of Trevor Shakiba & Jeff Driggs, adapted by Claudia Wagner

Taught at: 19th Country- & Western Weekend 02.-04.02.2018

Sequence: **INTRO (STOP SIGN) A B C D C D A\* (STOP SIGN)**

**E D B D C\* F E C\* D\* A\* (STOP SIGN)**

wait 16 beats, start with left foot

## INTRO (32 beats)

L arm up - R arm up - L hand to shoulder - R hand to shoulder (in 4 beats)

L arm down - R arm down - L hand to tummy - R hand over head (in 4 beats)

2 hip circles (in 4 beats)

2 Basketball Turn S(if) PVT (1/2 R) S

L both R

&1 & 2

4 Stomp Double STO DS DS RS

L R L RL

&1 &2 &3 &4

## Stop Sign (4 beats)

R hand forward to a **Stop Sign** (hold 4 beats)

## Part A (32 beats)

4 Stomp Double STO DS DS RS turn 1/4 L on each, in a box

Kick & Bounce KK BO KK BO KK BO BO BO SL

L bt R bt L bt bt bt R

&1 &2 &3 &4 &5 &6 & 7 8

2 Basic DS RS

L RL

Fancy Double DS DS RS RS

L R LR LR

## Part B (32 beats)

Utah DS BR(xif) UP/H DS(xif) RS RS BR UP/H DS RS

L R R L R LR LR L L R L RL

&1 & 2 &3 &4 &5 & 6 &7 &8

Pivot DS(xif) (PVT 1/2 L) S RS

R both R LR

&1 &2& 3 &4

Fancy Double DS DS RS RS

**repeat all above**

## Part C (16 beats)

Slider Stomp DS SL S S S SL S S S SL STO DS RS

L L R L R R L R L L R L RL

&1 & 2 & 3 & 4 & 5 & 6 &7 &8

Touch & Turn Tch(if) Tch(ib) Tch(if) S (turn 1/2 R)

R R R R

&1 &2 &3 &4

2 Basic DS RS (turn 1/2 L)

## Part D (32 beats)

4 Side Touches Tch(ots) S(xif) (as you Tch reach to the 'sky'

L L with the arm at the same side)

&1 &2

Triple Spin DS DS DS R H(w) (turn 3/4 L) S DS DS RS

L R L R L R L R LR

&1 &2 &3 &4 5 &6 &7 &8

**repeat all above**

**Part A\*** (16 beats)  
 Kick & Bounce, 2 Basic, Fancy Double

**Part E** (32 beats)  
 2 Stomp Double STO DS DS RS  
 2 Grandpa DS TCH(if) H TCH(ots) H TCH(ib) H  
           L R L R L R L  
           R L R L R L R  
           &1 & 2 & 3 & 4  
 Joey DS BA(xib) BA(ots) BA(ots) BA(xib) BA(ots) S  
       L R L R L R L  
       &1 & 2 & 3 & 4  
 Push Off DS RS RS RS  
           R LR LR LR  
 2 Stomp Double STO DS DS RS

**Part C\*** (32 beats)  
 Slider Stomp, Touch & Turn 1/2 R, 2 Basic (NO turn)

**repeat all above**

**Part F** (16 beats)  
 Grape Vine S(ots) S(xib) S(ots) TCH  
           L R L R  
           R L R L  
           1 2 3 4  
 2 Step Touches S(ots) TCH  
           L R  
           R L  
           1 2

**repeat all above with opposite foot**

**Part D\*** (32 beats)  
 4 Side Touches, Triple Spin (turn 1/2 L)

**repeat all above**

Sequence: **INTRO (STOP SIGN) A B C D C D A\* (STOP SIGN)**  
**E D B D C\* F E C\* D\* A\* (STOP SIGN)**