Limitless

Choreographed by Mark Simpkin August 2026
Music: This Time by Lila Hart Length 3.37 mins BPM 131
Dance Description: 64 Counts, 2 Walls, Upper Intermediate
Intro: 16 counts. Start on vocals. Weight on L
Restart after 32 counts on wall 1 facing 6.00

S1. SIDE R, L BEHIND, 1/4 R FWD, 1/4 R FWD ON L, R BEHIND L, 1/4 L FWD, R FWD 3/4 L SPIRAL, SHUFFLE L FWD,1/4 L ON R, ROCK L BACK, RECOVER, STEP L TO L
1,2&3&4& Side R, L behind, 1/4 R on L,1/4 R onto L, R behind, Turn 1/4 L fwd, Step on R 3/4 spiral L (6.00)
5&6 &7,8& Shuffle fwd LRL, 1/4 L on R, rock L behind R, Recover R, Step L to L (3.00)

S2. R TOE BACK UNWIND 1/2R, SHUFFLE FWD L, R, L SWEEP R OVER L, CROSS R, L BACK, 1/2 R FWD, ½ R STEP BACK L, CROSS L, BACK R, ½ L STEP FWD
1 2 3&4 T ouch R toe back, Unwind 1/2 R Step fwd R, Shuffle Fwd L, R, L Sweeping R around (9.00)
5&6& Cross R, L back, 1/2 R fwd, 1/2 R back on L,
7&8& Step Back R, Lock L over R, R back, 1/2 L fwd, (3.00)

S3. STEP FWD R, 3/4 SPIRAL TURN L STEP L TO L, 1/4 R, 1/2 R, R COASTER, BACK L, 1/2 R STEP FWD R, STEP FWD L SPIRAL TURN R, STEP FWD R, L TOG,
1 2,3& Step Fwd R, 3/4 Spiral Turn Over L Step L to L Side, 1/4 Turn R on R, 1/2 Turn R Step Back L
4&5,6&7 R Coaster, Push Back L, 1/2 Turn R, Step Fwd L 3/4 Spiral Turn R,
8& Fwd R, L tog (6.00)

S4. ROCK R FWD, RECOVER L, 1/2 R FWD, ROCK L FWD, RECOVER R, 1/4 L FWD, R FWD, 1/2 L PIVOT, 1/2 TURNING L LOCK SHUFFLE, 1/4 L SIDE
1 2&3 4 & Rock R fwd, Recover L, 1/2 R fwd, Rock L fwd, Recover R, 1/4 L Fwd (9.00)
5 6 7&8& R fwd, 1/2 L pivot, 1/2 L back on R, Lock L over R, R back, Turn 1/4 L to L side (6.00) #

S5. R SIDE, L SAILOR, R BACK COASTER, 1/2 R, 1/2 R,1/2 R, R BACK HOOK L, L FWD
(presuming you start section 5 at 12.00)
1,2&3,4&5 Step R to R, L Sailor L, R, L, R Coaster R, L, R
&6&7,8 1/2 R back on L, 1/2 R fwd on R, 1/2 R back on L, R back hook L, L fwd

S6. R FWD TURNING 1/2 R HITCHING L, FWD L SHUFFLE, TOG R, BACK L SWEEP R, BACK R SWEEP L, L SAILOR, R TOG, CROSS L, UNWIND FULL TURN OVER R
1,2,3&4 Step R fwd1/2 R hitch L, L fwd, R beside L, L fwd, R beside L, Tog L, L back, Sweep R, (12.00)
5,6&7&8& R back sweep L, L Sailor step, R together Cross L over R, Unwind a full turn

S7. STEP FWD R DIADONIAL, 3/8 TURNING L SHUFFLE, BALL STEP R, L, RECOVER R SWEEP L ,1/2 SAILOR, 1/2 TURN L HITCHING R, STEP FWD R
1 2&3&4 R Fwd (1.30) onto R foot, shuffle a 3/8 Turn R arc LRLRL (6.00)
5 6&7,8 Recover R Sweeping L around ,1/2 L Sailor L, R,L ,1/2 Pivot on L, Hitching R Step Fwd R

S8. RECOVER L SWEEP R, R SAILOR, SWAY L, 1/4 R FWD, 1/2 R, 1/2 R, FULL TURN BALL STEP L, R, 1/4 TURN R STEP L to L SIDE
1 2&3,4 Recover L sweeping R to R side, R Sailor, Sway L to L
5&6&7,8 1/4 R forward, 1/2 R, 1/2 R (Rolling R Shuffle), Ball, Step Full Turn (Over R) R, L, 1/4 R stepping L to L side

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