

Limbo Rock

Count: 64

Wand: 4

Ebene: Improver

Choreograf/in: Susan Bangonkale (SG)

Musik: Limbo Rock - Chubby Checker



DO THE LIMBO TWIST! 4 COUNTS FORWARD AND 4 COUNTS BACKWARD

- 1-4 With feet together weight on balls of feet, twist heels left-right-left-right forward
5-8 With feet together weight on balls of feet, twist heels left-right-left-right backward

LIMBO STEP FORWARD, FORWARD, BACK, BACK

- 1-4 Step right forward to right, hold, step left forward to the left, hold (feet apart)
5-8 Step right backward to right, hold, step left backward to the left, hold

TOE STRUT ½ TURN, TOE STRUT ¼ TURN, DRAG AND POINT

- 1-2 Step right forward ½ turn on right toe. Lower heel
3-4 Step left forward ¼ turn on left toe. Lower heel
5-8 Drag right to the right (big step), point left next to right

BODY ROLL DOWN & UP

- 1-4 Roll the body anti to the right downwards as low as possible
5-8 Roll the body to the right upwards

SHUFFLE FORWARD POINT, SHUFFLE BACKWARD HITCH

- 1-4 Step right forward, step left beside right, step right forward, point left behind right heel
5-8 Step left backward, step right beside left, step left backward, hitch on the right

RUN FORWARD HOLD ½ TURN RUN FORWARD HOLD

- 1-4 Run forward right left right hold
5 ½ left turn, step left foot forward
6-8 Run forward right left right

STOMP STOMP KNEE ROLL LEFT RIGHT

- 1-4 Stomp left foot forward hold stomp right forward hold
5-8 Roll left knee to the left, roll right knee to the right

STOMP STOMP KNEE POP

- 1-4 Stomp left backward hold, stomp right backward hold
5-8 Split knees in hold, out and back together hold

REPEAT

RESTART

Restart after 32 counts when the lyrics end 'How low can you go?'. First restart facing 12:00 end of 2nd wall
Second re-start facing 6:00 end of 6th wall