

# Limbo Up

Count: 0

Wand: 0

Ebene:

Choreograf/in: David J. McDonagh (WLS) & Sian L. Edwards

Musik: Limbo - Jill Morris



Sequence: AB AB, A, AB, C, AB. Then keep repeating counts 33-48 experimenting with different movements.

## PART A

### STREET WISE RUNNING MAN STEP OR HEEL SWITCHES, HIP BUMPS

- 1 Left foot slide diagonally forward while right foot slides diagonally back  
& Left foot slide back in place while you raise/hitch right knee  
2 Right foot slide diagonally forward while left foot slides diagonally back  
& Right foot slide back in place while you raise/hitch left knee  
3 Left foot slide diagonally forward while right foot slides diagonally back  
**If you cannot do the above steps then do 3 heel switches-left, right, left**  
& Hold on the (&) count  
4 Touch left heel forward  
5-7 Bump hips left, right, left  
&8 Bump hips right, left (weight on right)

### VAUDEVILLE STEPS, HIP BUMPS

- &9 Step left beside right, cross right over left  
&10 Step left to left side, touch right heel to right diagonal  
&11 Step right beside left, cross left over right  
&12 Step right to right side, touch left heel to left diagonal  
13-15 Bump hips left, right, left  
&16 Bump hips right, left (weight on left)

### SNAKE ROLLS OR SWAYS

- 17-18 Snake roll to left forward diagonal  
19-20 Snake roll to right back diagonal  
**If you cannot snake roll then just sway-left, right**

## PART B

### & STEP ½ TURN, KNEE POPS WITH SLIDES

- &21 Step left beside right, step right forward  
22 Pivot ½ a turn left  
23 Slide left slightly back as you pop right knee forward  
& Slide right slightly back as you pop left knee forward  
24 Slide left slightly back as you pop right knee forward

### STRAIGHT JAZZ BOX, HIP BUMPS

- 25-26 Cross right over left, step left back  
27-28 Step right to right side, step left together shoulder width apart  
29-31 Bump hips left, right, left  
&32 Bump hips right, left (weight on both feet)

### HIP ROLLS, BODY ROLL, ROLLING VINE

- 33-34 Facing left diagonal roll hips (to the left) once over (2) counts  
35-37 Still facing left diagonal step right forward to do a (3) count body roll  
**If you cannot body roll then lean forward for (3) counts**  
38-40 Traveling right, do a (3) step vine rolling right

## **HIP ROLLS, BODY ROLL, ROLLING VINE**

41-42 Facing right diagonal roll hips (to the right) once over (2) counts

43-45 Still facing right diagonal step left forward to do a (3) count body roll

**If you cannot body roll then lean forward for (3) counts**

46-48 Traveling left, do a (3) step vine rolling left (end with weight on both feet).

**3rd time you do Part B, counts 33-48 will slow down slightly, but carry on slower.**

## **PART C**

1-3 Bump hips left, right, left

&4 Bump hips right, left (weight on both feet)

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