

Limpahan

Count: 40

Wand: 4

Ebene: Sumazau line-dance

Choreograf/in: Mariana & Silia - June 2008

Musik: Limpahan (Edited) - John Samud



Count In: 20 counts.

TRIPLE ON THE SPOT – FORWARD, BACK, RIGHT, LEFT

- 1&2 Step right forward, step left together, step right beside left
- 3&4 Step left back, step right together, step left beside right
- 5&6 Step right to right side, step left together, step right beside left
- 7&8 Step left to left side, step right together, step left beside right

SIDE-TOGETHER TO THE RIGHT, SIDE-TOGETHER TO THE LEFT

- 1&2& Step right to right side, step left together, step right to right side, step left together
- 3&4 Step right to right side, step left together, step right together
- 5&6& Step left to left side, step right together, step left to left side, step right together
- 7&8 Step left to left side, step right together, step left to left side

(When travelling right, slant right hand upwards and left hand downwards while flipping the hands. Do the opposite while travelling left.)

TURNING 1/4 LEFT, CROSS-ROCKS X2, BACK SHUFFLE, 1/4 TURN LEFT TRIPLE IN PLACE

- 1&2 Turning 1/4 left cross right over left, recover onto left, rock right over left again
- 3&4 Cross left over right, recover onto right, rock left over right again
- 5&6 Shuffle backward on RLR
- 7&8 Turning 1/4 left, triple steps in place on LRL

TOUCH, KICK, RIGHT TRIPLE STEPS IN PLACE, TOUCH, KICK, 1/4 TURN LEFT TRIPLE IN PLACE

- 1-2 Touch right beside left, kick right forward
- 3&4 Step right to right side, step left together, step right together
- 5-6 Touch left beside right, kick left forward
- 7&8 Sweep left to the back turning 1/4 left, step right together, step left together

FORWARD CROSS ROCKS X 2, LOCK STEPS TURNING FULL TURN LEFT

- 1&2 Rock right over left, recover onto left, rock right over left again
- 3&4 Rock left over right, recover onto right, rock left over right again
- 5&6&7&8& Cross right over left turning 1/4 left, step on left ball behind right x4

(Stretch both hands out in Sumazau style. The left foot will remain on the same spot while the right will travel in a full circle for these 4 counts.)

Ending: towards the end of the music (facing 12.00) do the triple steps on right and left till the music ends.

(Throughout the whole dance, there must be a bouncing movement of up and down while both hands are swung forward and back.

Step onto the balls of feet to make the bouncing movements.)