

Limbo Lady

拍数: 0 墙数: 4 级数: Intermediate/Advanced
编舞者: Todd Lescarbeau (USA)
音乐: Limbo Lady - The Dean Brothers



Sequence: AAAB-AAAB-AB-AAAB-AB-Repeat AB to end. If using "Tribal Dance", dance AB AB etc. throughout the song.

A "scuffle" refers to a cross between a shuffle and a scoot.

SECTION A (32 COUNTS)

SYNCOPATED LIMBO LEFT, CLAP, SYNCOPATED LIMBO RIGHT, CLAP

- &1-2 While leaning back slightly (in limbo fashion), quickly step left to left, close right next to left, clap
&3-4 Repeat
&5-6 While leaning back slightly (in limbo fashion), quickly step right to right side, close left next to right, clap
&7-8 Repeat straighten up on count 8

SCUFFLES FORWARD WITH CLAPS (RIGHT LEFT, CLAP, RIGHT LEFT, CLAP, RIGHT LEFT, RIGHT LEFT ,RIGHT LEFT ,RIGHT LEFT)

- &1-2 Quickly slide right foot forward, slide left forward, clap while leaning forward slightly
&3-4 Repeat this time leaning back slightly with clap
&5-8 Scuffle forward right left right left right left right left

ROCK FORWARD, ROCK BACK, ½ PIVOT TURN TO THE LEFT, ¼ PIVOT TURN TO THE LEFT

- 1-2 Rock forward onto right foot, recover on left
3-4 Rock back onto right foot, recover on left
5-6 Step forward on ball of right foot, pivot ½ turn to the left
7-8 Step forward on ball of right foot, pivot ¼ turn to the left (transfer weight to left foot)

KICK-BALL-CHANGE, STOMPS, LUNGES (WITH ATTITUDE)

- 1&2 Kick right foot forward, step down on ball of right foot, change weight to left foot
3-4 Stomp right foot in place, stomp left foot in place
5&6 Step right foot to right side while swaying hip, sway hip to left, step right beside left
7&8 Step left foot to left side while swaying hip, sway hip to right, step left beside right

SECTION B (16 COUNTS)

ROCK FORWARD, ROCK BACK, FULL PADDLE TURN TO THE RIGHT (CURVING CHASSE')

- 1-2 Rock forward on right foot, recover with left
3-4 Rock back on right foot, recover with left
5& Step forward and across with right foot starting to turn to the right, step side & slightly back on ball of left foot
6& Step forward and across with right foot continuing to turn to the right, step side & slightly back on ball of left foot
7& Step forward and across with right foot continuing to turn to the right, step side & back on ball of left foot finishing a full turn to the right
8 Step forward with the right foot.

The paddle turn above is considered a "classic" paddle turn. The amount of turn will vary depending on your stride. The end result should be a full turn to the right. The body will have a torque or twist to it as you execute the turn. Turn right toe out each time you step with it.

ROCK FORWARD, TRIPLE STEP, ROCK BACK, TRIPLE STEP

- 1-2 Rock forward on left foot, recover with right foot

3&4 Step left foot in place, step right foot in place, step left foot in place
5-6 Rock back on right foot, recover with left
7&8 Step right foot in place, step left foot in place, step right foot in place.
