Limbo Latina (P)



编舞者: Carole & Del

音乐: Limbo Lady - The Dean Brothers



Position: Sweetheart

STEP PIVOT 1/4 TURN X4

1-2 Step right foot forward, pivot ¼ to left pushing hips to right side

3-8 Repeat above a further three times (end facing LOD) Rejoin left hands, lower right hands into right side by side position

STEP FORWARD POINT, STEP BACK TOUCH, PIVOT TURNS

9-10 Step right forward, touch left toe to left side
11-12 Step left back. Touch right next to left
13-14 Step forward right, pivot, half turn to RLOD
15-16 Step forward right, pivot half turn to LOD
Now facing LOD rejoin right hands in side by side position

RIGHT VINE WITH 1/4 TURN, SHIMMY

17-18 Step right, step left behind

19-20 Step right turning 1/4 to outside LOD. Touch left next to right

Now facing OLOD in Indian position

21-24 Step left to left. Long step shimmy body & slide right to left (total count of 4)

3 STEP TURN, TOUCH, CHASSE LEFT, ROCK STEP

Release left hands raise right

25-28 Step right, left, right turning full turn to right, touch left next to right

29&30 Shuffle sideways to left, left, right, left 31-32 Rock back on right. Forward onto left

HIP BUMPS

34&34 Step right foot forward and bump hips forward right, left, right
35&36 Transfer weight to left foot, bumping hips backward, left right, left
37-40 Bump hips right and forward, bump hips left and back, repeat

CHA-CHA AND ROCK STOPS, SHIMMY

41&42 Cha-cha forward, right, left. Right

43-44 Step forward onto left, rock back onto right

45&46 Cha-cha backwards, left, right, left

47-48 Step back onto right, rock forward onto left

SHIMMY RIGHT. 3 STEP TURN LEFT, TOUCH

49-52 Step right foot to right, shimmy body to right, slide left foot to right (total count of 4)

Release right hands raise left

53-56 Roll to the left, stepping left, right left, touch right

Rejoin right hands in Indian position

1/4 TURN RIGHT & SHUFFLE, ROCK STEP, SHUFFLES WITH WINDMILL TURN

57&58 Make¼ turn right & shuffle forward right, left, right

Now in left side by side

59-60 Rock forward left, rock back onto right, (raise right hands over lady's head, keep left hands

down)

61&62 Left shuffle on left, right, left making ½turn left (now facing LOD)

Release left hands, bring right down over lady's head

Right shuffle on right, left, right making ½turn left (now facing LOD)

TURNING SHUFFLE, STEP, SCUFF, LOCK STEPS, STEP SCUFF

Release right hands & rejoin in front of man

65&66 Left shuffle making ½turn left (now facing LOD, now in right side by side position)

67-68 Step forward left, scuff right

69& Step left forward, lock right behind left 70& Step left forward. Lock right behind left

71-72 Step forward left, scuff right

REPEAT