

Limbo Up

拍数: 0 墙数: 0 级数:
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音乐: 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)
