

# 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)

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