

# Limbow

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Kate Sala (UK)  
音乐: Back to the Limbo - ABS



## STEP RIGHT, TOUCH, KICK BALL CROSS, FULL PADDLE TURN LEFT

- 1-2      Step right to right side, slide left in next to right (keeping weight on right)
- 3&4      Kick left to left diagonal, step on ball of left in place, cross step right over left
- 5-8      Step left to left side with  $\frac{1}{4}$  turn left, paddle  $\frac{3}{4}$  turn left (keeping weight on left) touching right toe to right side 3 times

At the beginning of the 4th wall dance the above 8 counts and then start again from the beginning of the dance

## CROSS, BACK, CHASSE, CROSS, FULL UNWIND, SIDE ROCK & CROSS

- 1-2      Cross step right over left, step back on left
- 3&4      Step right to right side, step left next to right, step right to right side
- 5-6      Cross step left over right, full unwind right, (weight remaining on left)
- 7&8      Side rock right, recover weight to left, cross step right over left

## SIDE STEP, BACK ROCK, SIDE STEP, BACK ROCK, SIDE STEP, HEEL LIFTS

- 1-2-3      Step left to left side, cross rock back on right, rock forward on to left
- 4-5-6      Step right to right side, cross rock back on left, rock forward on to right
- 7&8      Small step left to left side, raise heels bending both knees, lower heels

## CROSS ROCK BEHIND, CHASSE $\frac{1}{4}$ TURN LEFT, STEP PIVOT $\frac{1}{2}$ LEFT, FULL TURN LEFT

- 1-2      Cross rock back on left, rock forward on right
- 3&4      Step left to left side, step right next to left, step left to left side with  $\frac{1}{4}$  turn left
- 5-6      Step forward on right, pivot  $\frac{1}{2}$  turn left
- 7-8      Full turn left traveling forward on right, left

## ROCK FORWARD, RECOVER, SAILOR STEP, SAILOR $\frac{1}{2}$ LEFT, STEP $\frac{1}{2}$ PIVOT

- 1-2      Rock forward on right, rock back on left
- 3&4      Cross step right behind left, step left to left side, step right in place
- 5&6      Cross step left behind right, turn  $\frac{1}{2}$  left stepping right in place, small step forward on left
- 7-8      Step forward on right, pivot  $\frac{1}{2}$  turn left

## BODY ROCK FORWARD, BACK TWICE, SHUFFLE BACK, COASTER STEP

- 1-2-3-4      Rock forward on right, recover back on to left, repeat
- 5&6      Step back on right, step left next to right, step back on right
- 7&8      Step back on left, step right next to left, step forward on left

## STEP FORWARD, HOLD, & STEP FORWARD, TOUCH, KICK, COASTER STEP, SIDE TOUCH

- 1-2&3      Step forward on right, hold, step left next to right, step forward on right
- 4-5      Touch left next to right, kick left forward
- 6&7-8      Step back on left, step right next to left, step forward on left, touch right to right side

## CROSS, SIDE, SAILOR STEP, CROSS, TURN $\frac{1}{4}$ LEFT, TRIPLE $\frac{3}{4}$ LEFT

- 1-2      Cross step right over left, step left to left side
- 3&4      Cross step right behind left, step left to left side, step right to right side
- 5-6      Cross step left over right, turn  $\frac{1}{4}$  left stepping back on right
- 7&8      Triple step  $\frac{3}{4}$  turn left

REPEAT

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