

Limbo Dance

拍数: 88 墙数: 1 级数: Easy Intermediate
编舞者: Anna Spiteri - July 2013
音乐: Do the Limbo Dance - David Hasselhoff : (iTunes)



Sequence - (ABB Tag) x2 C ABBBB TAG BBBBB

Intro: (32 counts)

(Section A) - 32 counts

Step Cross Back Side (Bota Fogus x 2)

1-2-3-4 Step Fwd Right, Cross Left over Right, Step Back Right, Step Left to Left Side
5&6 Cross Right over Left, Step Left to Left Side, Recover on Right
7&8 Cross Left over Right, Step Right to Right Side, Recover on Left

Repeat 1st 8 counts

Rolling Weave to Left with Left Point (Bota Fogus x 2)

1-2 Cross Right over Left making $\frac{1}{2}$ Turn Left, $\frac{1}{2}$ Turn Left Stepping, Left to Left Side
3-4 Cross Right over Left, Point Left to Left Side
5&6 Cross Left over Right, Step Right to Right Side, Recover on Left
7&8 Cross Right over Left, Step Left to Left Side, Recover on Right

Rolling Weave to Right with Right Point (Bota Fogus x 2)

1-2 Cross Left over Right making $\frac{1}{2}$ turn right, $\frac{1}{2}$ Turn Right stepping Right to Right Side
3-4 Cross Left over Right, Point Right to Right Side
5&6 Cross Right over Left, Step Left to Left Side, Recover on Right Side
7&8 Cross Left over Right, Step Right to Right Side, Recover on Left Side

(Section B) - 16 counts

Limbo Steps x 2, Hawaiiin Side Steps

1-2 Step Right Foot Out, Step Left Foot Out
3-4 Repeat

(1-4 small jumps fwd, knees bent and shoulders back)

5-6 Step Right Foot to Right Side, Close Left next to Right
7-8 Step Right Foot to Right Side, Slide Left next to Right

(Weight on Right Foot)

(5,6,7,8 Travelling Side ways body angling Right Diagonal Roll Hips and both palms of your hands anti-clockwise for styling).

(Hawaiiin Way)

Rolling Vine to Left, Limbo Steps x 2

1-2 Step Left Foot $\frac{1}{4}$ Turn Left Fwd, Step Right Foot $\frac{1}{4}$ Turn Left Stepping Right to Right Side
3-4 $\frac{1}{2}$ Turn Left Stepping Left to Left Side, Bend Both Knees down on the 4th Count
5-6 Step Right Foot Out, Step Left Foot Out
7-8 Repeat

(5-8 Small Jumps Fwd, Knees Bent & Shoulders Back).

Tag: Claps 1 & 2 3 & 4

(Section C) - 40 counts

Paddle Steps to Right Full Turn, Paddle Steps to Left Full Turn

1&2 Step Fwd Right, Recover on Left, Step Fwd Right
&3&4 Recover on Left, Fwd Right, Recover on Left, Fwd Right
5&6 Step Fwd Left, Recover on Right, Step Fwd Left

&7&8 Recover on Right, Fwd Left, Recover on Right, Fwd Left
(1-4 Perform Full Turn to Right)
(5-8 Perform Full Turn to Left)

Hawaiin Side Steps to Right & Left

1-2 Step Right to Right Side, Close Left Next to Right

3-4 Step Right to Right Side, Slide Left next to Right

(Weight on Right Foot)

1-4 Travelling Sideways, Body Angling Right Diagonal Roll Hips and Palms of your Hand Anti-Clockwise For Styling

(Hawaiin Way)

5-6 Step Left to Left Side, Close Right next to Left

7-8 Step Left to Left Side, Slide Right next to Left

(Weight on Left Foot)

5-8 Roll Hips and Palms of your Hand Clockwise for Styling

(Hawaiin Way)

Repeat Hawaiin Step 1 – 8

Samba Steps

1&2 Step Right to Right Side, Cross Left Behind Right, Recover on Right

3&4 Step Left to Left Side, Cross Right Behind Left, Recover on Left

Repeat from 1 - 4

Paddle Steps to Right Full Turn, Paddle Steps to Left Full Turn

1-8 Repeat First 8 Counts of Section C.

Note: The dance can be started after the first 16 counts with the Hawaiin Side Steps to right, left, right, left.

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