

Limbo Rock

COPPER KNOB
BY STEPHEN T. C.

拍數: 32 牆數: 4 級數: Beginner
編舞者: Tina Chen Sue-Huei (TW) - January 2015
音樂: Limbo Rock- Checker-Noceto



#2 Restarts On Wall 3 & Wall 8 After 16 Counts

Sequence: 32/32/16/32/32/32/32/16/32/32

Start dance after 64 counts.

SI. Mambo Fwd Mambo Back, Cross Shuffle, Turn Cross Shuffle

1&2 Fwd step RF, recover on LF, back step RF
3&4 Fwd step LF, recover on RF, fwd step LF
5&6 Cross RF over LF, side step LF, cross RF over LF
7&8 Making a ½ turn left, cross LF over RF, side step RF, cross LF over RF (6.00)

SII. Repeat SI.

SIII. Side Shuffle, (¼ Turn Shuffle)*3

1&2 Side shuffle on RLR (12.00)
3&4 Making a ¼ turn left, side shuffle on LRL (9.00)
5&6 ¼ Turn left, side shuffle on RLR (6.00)
7&8 ¼ Turn left, side shuffle on LRL (3.00)

SIV. Fwd Heel Grind, Fwd Pivot Turn, Back, Turn, Fwd

1&2& Fwd R heel grind, recover on LF, step back RF, recover on LF
3&4& Fwd R heel grind, recover on LF, step back RF, recover on LF
5-6 Fwd step RF, pivot ½ turn left, step on LF
7-8 ½ Turn left, back step RF, ½ turn left, fwd step LF (9.00)

Happy dancing.

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