

Limbo Lady

拍數: 64

牆數: 1

級數: Intermediate merengue contra
dance



編舞者: Rob Fowler (ES)

音樂: Limbo Lady - The Dean Brothers

SIDE TOGETHERS SYNCOPATED (LEFT, RIGHT)

- 1& Left to side, right together
2& Left to side, right together
3 Left to side
4 Touch right next to left and clap hands to left side making hula motions during 1-4
5-8 Repeat 1-4 starting to the right side, hands to right side making hula motions during 5-8

PADDLE TURNS TO THE RIGHT (X4)

- 9-10 Step forward left, paddle $\frac{1}{4}$ turn to right
11-16 Repeat 9-10 (3 more times to complete a full turn). Roll hands over each other in front of chest as you go (right hand to the right); similar to "Staying Alive" dance.

SIDE TOGETHERS (LEFT, RIGHT, LEFT, RIGHT WITH $\frac{1}{4}$ TO THE LEFT)

- 17-24 Repeat 1-8
25-32 Repeat 1-8 making $\frac{1}{4}$ turn left on last beat

SYNCOPATED JUMPS (WITH $\frac{1}{2}$ TO THE RIGHT, THEN $\frac{1}{4}$ TO THE LEFT)

- &33 Jumps forward right, left with feet slightly apart
&34 Jumps forward right, left with feet slightly apart
&35 Jumps forward right, left with feet slightly apart
& Jumps forward right
36 Jumps with left making $\frac{1}{2}$ turn right
&37-39 Repeat &33-35&
40 Jumps with left making $\frac{1}{4}$ turn left

SYNCOPATED JUMPS WITH LIMBO ACTION

- &41-44 Repeat &33 four times

PADDLE TURNS TO THE LEFT (TWICE)

- 45-46 Step forward right, paddle $\frac{1}{4}$ turn to left and roll hips
47-48 Step forward right, paddle $\frac{1}{4}$ turn to left and roll hips

SIDE TOGETHERS

- 49-52 Left to side, right together, left side, right together (rolling hands held over head)
53-56 Right side left together, right side left together (rolling hands down at waist level)

SYNCOPATED JUMPS WITH LIMBOS

- 57-64 Repeat 41-48

REPEAT

This dance is a contra line dance to have some fun with. On beats 41-44 one side of the contra line joins hands at the arms length while the other side limbo under the arms on the jumps forward. On beats 57-60 the opposite side join hands etc.