

# Limbo Lady

拍數: 0                      牆數: 4                      級數: Intermediate/Advanced  
編舞者: Todd Lescarbeau (USA)  
音樂: Limbo Lady - The Dean Brothers



Sequence: AAAB-AAAB-AB-AAAB-AB-Repeat AB to end. If using "Tribal Dance", dance AB AB etc. throughout the song.

A "scuffle" refers to a cross between a shuffle and a scoot.

## SECTION A (32 COUNTS)

### SYNCOATED LIMBO LEFT, CLAP, SYNCOATED LIMBO RIGHT, CLAP

- &1-2                      While leaning back slightly (in limbo fashion), quickly step left to left, close right next to left, clap  
&3-4                      Repeat  
&5-6                      While leaning back slightly (in limbo fashion), quickly step right to right side, close left next to right, clap  
&7-8                      Repeat straighten up on count 8

### SCUFFLES FORWARD WITH CLAPS (RIGHT LEFT, CLAP, RIGHT LEFT, CLAP, RIGHT LEFT, RIGHT LEFT, RIGHT LEFT, RIGHT LEFT)

- &1-2                      Quickly slide right foot forward, slide left forward, clap while leaning forward slightly  
&3-4                      Repeat this time leaning back slightly with clap  
&5-8                      Scuffle forward right left right left right left right left

### ROCK FORWARD, ROCK BACK, ½ PIVOT TURN TO THE LEFT, ¼ PIVOT TURN TO THE LEFT

- 1-2                      Rock forward onto right foot, recover on left  
3-4                      Rock back onto right foot, recover on left  
5-6                      Step forward on ball of right foot, pivot ½ turn to the left  
7-8                      Step forward on ball of right foot, pivot ¼ turn to the left (transfer weight to left foot)

### KICK-BALL-CHANGE, STOMPS, LUNGES (WITH ATTITUDE)

- 1&2                      Kick right foot forward, step down on ball of right foot, change weight to left foot  
3-4                      Stomp right foot in place, stomp left foot in place  
5&6                      Step right foot to right side while swaying hip, sway hip to left, step right beside left  
7&8                      Step left foot to left side while swaying hip, sway hip to right, step left beside right

## SECTION B (16 COUNTS)

### ROCK FORWARD, ROCK BACK, FULL PADDLE TURN TO THE RIGHT (CURVING CHASSE')

- 1-2                      Rock forward on right foot, recover with left  
3-4                      Rock back on right foot, recover with left  
5&                      Step forward and across with right foot starting to turn to the right, step side & slightly back on ball of left foot  
6&                      Step forward and across with right foot continuing to turn to the right, step side & slightly back on ball of left foot  
7&                      Step forward and across with right foot continuing to turn to the right, step side & back on ball of left foot finishing a full turn to the right  
8                      Step forward with the right foot.

The paddle turn above is considered a "classic" paddle turn. The amount of turn will vary depending on your stride. The end result should be a full turn to the right. The body will have a torque or twist to it as you execute the turn. Turn right toe out each time you step with it.

### ROCK FORWARD, TRIPLE STEP, ROCK BACK, TRIPLE STEP

- 1-2                      Rock forward on left foot, recover with right foot

3&4 Step left foot in place, step right foot in place, step left foot in place  
5-6 Rock back on right foot, recover with left  
7&8 Step right foot in place, step left foot in place, step right foot in place.

---