

Da Limbo Dance

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Glen Pospieszny (USA) & Mark Cosenza (USA)
音樂: Do the Limbo Dance - David Hasselhoff



LARGE STEP FORWARD, STAND UP, LARGE STEP FORWARD, STAND UP, SIDESTEPS WITH ¼ TURN RIGHT

- 1 Take large step forward with right (slightly squatting) diagonal right
- 2 Stand up as you touch left next to right
- 3 Take large step forward with left (slightly squatting) diagonal left
- 4 Stand up as you touch right next to left
- 5-8 Step right to right, step left next to right, touch right to right side, rotate hips pivoting left foot ¼ right

SIDESTEPS RIGHT, ROTATE HIPS ¼ RIGHT, LIMBO FORWARD

- 1-4 Step right to right, step left next to right, touch right to right side, rotate hips pivoting left foot ¼ right
- &5 Outstretch for limbo effect, step forward right, step forward left (taking a small hop at the same time)
- &6&7&8 Repeat 3 more times

RIGHT HITCH STEP BACK AND TOUCH, LEFT HITCH STEP BACK AND TOUCH, STEP RIGHT, TOUCH LEFT, POINT LEFT, STEP LEFT, POINT RIGHT

- &1-2 Small hitch right, big step back on right, touch left
- &3-4 Small hitch left, big step back on left, touch right
- 5 Step right to right side
- 6 Touch left toe to right heel
- 7 Point left toe to left side
- &8 Step left next to right and point right toe to right side

RIGHT SAILOR SHUFFLE, LEFT SAILOR SHUFFLE, RIGHT ¼ TURN, MAMBO LEFT

- 1&2 Right sailor shuffle
- 3&4 Left sailor shuffle
- 5 Step right behind left
- 6 ¼ turn right
- 7&8 Mambo left: (rock left side left, recover right, side step left)

REPEAT

TAG A

At the beginning of walls 3 & 9, clap your hands 7 times to the same rhythm you will hear in the song (the song will prompt you to clap your hands. The clap sequence in the music goes "1 & 2 & a 3 & 4". The music pauses on the second "&" for a brief moment so you clap on "a" count instead of the &.

Tag B

At the beginning of wall 5, repeat the Tag A sequence, then spread arms up and out for 4 counts, step right ½ turn left with right hand out, step right ½ turn left with left hand out.