

# Limpahan

拍數: 40      牆數: 4      級數: Sumazau line-dance  
編舞者: Mariana & Silia - June 2008  
音樂: Limpahan (Edited) - John Samud



Count In: 20 counts.

## TRIPLE ON THE SPOT – FORWARD, BACK, RIGHT, LEFT

1&2      Step right forward, step left together, step right beside left  
3&4      Step left back, step right together, step left beside right  
5&6      Step right to right side, step left together, step right beside left  
7&8      Step left to left side, step right together, step left beside right

## SIDE-TOGETHER TO THE RIGHT, SIDE-TOGETHER TO THE LEFT

1&2&      Step right to right side, step left together, step right to right side, step left together  
3&4      Step right to right side, step left together, step right together  
5&6&      Step left to left side, step right together, step left to left side, step right together  
7&8      Step left to left side, step right together, step left to left side

( When travelling right, slant right hand upwards and left hand downwards while flipping the hands.  
Do the opposite while travelling left. )

## TURNING 1/4 LEFT, CROSS-ROCKS X2, BACK SHUFFLE, 1/4 TURN LEFT TRIPLE IN PLACE

1&2      Turning 1/4 left cross right over left, recover onto left, rock right over left again  
3&4      Cross left over right, recover onto right, rock left over right again  
5&6      Shuffle backward on RLR  
7&8      Turning 1/4 left, triple steps in place on LRL

## TOUCH, KICK, RIGHT TRIPLE STEPS IN PLACE, TOUCH, KICK, 1/4 TURN LEFT TRIPLE IN PLACE

1-2      Touch right beside left, kick right forward  
3&4      Step right to right side, step left together, step right together  
5-6      Touch left beside right, kick left forward  
7&8      Sweep left to the back turning 1/4 left, step right together, step left together

## FORWARD CROSS ROCKS X 2, LOCK STEPS TURNING FULL TURN LEFT

1&2      Rock right over left, recover onto left, rock right over left again  
3&4      Rock left over right, recover onto right, rock left over right again  
5&6&7&8&      Cross right over left turning 1/4 left, step on left ball behind right x4

( Stretch both hands out in Sumazau style. The left foot will remain on the same spot while the right will travel in a full circle for these 4 counts.)

Ending: towards the end of the music ( facing 12.00 ) do the triple steps on right and left till the music ends.

( Throughout the whole dance, there must be a bouncing movement of up and down while both hands are swung forward and back.

Step onto the balls of feet to make the bouncing movements.)