

Agne Dances the Limbo Rock

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 1 級數: Phrased Newcomer
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音樂: Limbo Rock - Duane Eddy



Sequence : B - A - A - B - A - A - B

A : 32 counts

A01: Right side step – Recover – Right chasse – Left side step – Recover - Left chasse

1-2-3&4 Rf. step to right side – Recover weight onto Lf. – Rf. step to right – Lf. step together – Rf. step to right
5-6-7&8 Lf. step to left side – Recover weight onto Rf. – Lf. step to left – Rf. step together – Lf. step to left

A02: Rock forwards – Recover – Triple ½ turn right – Rock forwards – Recover – Coaster step

1-2-3&4 Rf. step fwd. – Recover weight onto Lf. – Rf. step ¼ turn right – Lf. step ¼ turn right – Rf. step beside Lf.
5-6-7&8 Lf. step fwd. – Recover weight onto Rf. – Lf. step back – Rf. step back – Lf. step fwd.

A03: Right side step – Recover – Scissor step – Step¼ turn right back–Step¼ turn right back , Cross over – Right side step – Step¼ left forwards

1-2-3&4 Rf. step to right – Recover weight onto Lf. – Rf. step to right – Lf. step together – Rf. cross over Lf.
5-6-7&8 Lf. step ¼ turn ri. back– Rf. step ¼ turn ri. back– Lf. cross over Rf. – Rf. step to right– Lf. step ¼ turn left fwd.

A04: Scissor step (2 x) – Cross over – Step ¼ turn right back – Step back – Coaster step

1&2-3&4 Rf. step to right– Lf. step together – Rf. cross over Lf.– Lf. step to left – Rf. step together – Lf. cross over Rf.
5&6-7&8 Rf. cross over Lf. – Lf. step ¼ turn right back– Rf. step back – Lf. step back – Rf. step back – Lf. step fwd.

B : 32 counts

B01: Jump forwards - Jump back (move your body and hips)

1-2-3-4 Jump forwards (R-L) and move your hands and body
5-6-7-8 Jump back (R-L) and move your hands and body

B02: Step diagonally right fwd. – Step diagonally left fwd. (move your hands)

1-2-3-4 Rf. step diagonally forwards and move your hands and bounce with your body
5-6-7-8 Lf. step diagonally forwards and move your hands and bounce with your body

B03: Right rock step – Recover – Coaster step – Left rock step – Recover – Coaster step

1-2-3&4 Rf. step forwards – Recover weight onto Lf. – Rf. step back – Lf. step back – Rf. step forwards
5-6-7&8 Lf. step forwards – Recover weight onto Rf. – Lf. step back – Rf. step back – Lf. step forwards

B04: Full turn right step in eight count (Lift and move your body while stepping)

1-8 Make full turn right in eight count (Rf. step 1/8 turn right and Lf. step together.....etc...etc...)
Lift and move your body during stepping...

Have fun.....Happy dancing.....

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