

Limbo Rock It

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Easy Improver
編舞者: Elaine Kong (AUS) - January 2014
音樂: Limbo Rock - Chubby Checker : (Album: Chubby Checker Classics - Re-recorded)



32 count intro. CCW

DIAGONAL STEP TOUCHES FWD & BACK (CLAP ON TOUCHES)

1-4 Step R diagonally fwd R, touch L next to R, step L diagonally back L, touch R next to L
5-8 Step R diagonally back R, touch L next to R, step L diagonally fwd L, touch R next to L

SIDE STEP TOUCHES (SWING ARMS TO R SIDE & L SIDE). STEP ½ TURN, HOLD.

1-4 Step R to R side, touch L next to R. Step L to L side, touch R next to L.
5-8 Step fwd on R with ½ turn over L, step down on L, step fwd on R, hold. (6:00)

STEP ¼ TURN, CROSS, HOLD. TOE STRUT, TOE STRUT.

1-4 Step fwd on L with ¼ turn R, step down on R, cross L over R, hold.
5-8 R toe fwd, drop R heel. L toe fwd, drop L heel. (9:00)

V-STEPS (OUT, HOLD. OUT, HOLD. IN, HOLD. IN, HOLD)

1-4 Step R diagonally fwd R, hold. Step L diagonally fwd L, hold.
5-8 Bring R back in place, hold. Step L next to R, hold

REPEAT

STYLING: For the V-steps, do the Limbo Rock by bending backwards slightly, feet apart, arms out as you do shoulder shimmies.

HAVE FUN !

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