

Bimbo Limbo

拍數: 48 牆數: 2 級數: Phrased Beginner
編舞者: Nina Chen (TW) - April 2014
音樂: Bimbo Limbo (Scarpellini) (Antonella Noceto)



Sequence: A AA BB AA BB BB AA BB A

Start: 24 count intro (start to clap after 8 counts, and start to dance after another 16 counts)

Section A (16 counts)

A1. WALK FORWARD POINT. WALK BACKWARD POINT.

1-2-3-4 Walk forward triple (RLR). Point LF forward.

5-6-7-8 Walk backward triple (LRL). Point RF backward next to LF.

Optional hand movements: Please refer to the demonstration video.

A2. HIP BUMPS X4.

1&2, 3&4 Bump hips RLR. Bump hips LRL.

5&6, 7&8 Bump hips RLR. Bump hips LRL.

Optional hand movements: Please refer to the demonstration video.

Section B (32 counts)

B1. SIDE TOGETHER CHASSE. CROSS STEP. RECOVER. TURN. SHUFFLE.

1-2, 3&4 Step RF to R, Step LF beside RF, Chasse R (RLR).

5-6, 7&8 Cross step LF over RF. Recover onto RF. Turn 1/4 L (9:00). Shuffle forward (LRL).

B2. STEP POINT X2. TURN. FORWARD.

1-4 Step RF to R. Point LF beside RF. Step LF to L. Point RF beside LF.

5-8 Full turn R (9:00) in triple steps (RLR). Step L forward.

B3. CROSS MAMBO X4. TURN.

1&2 Cross step RF over L. Recover on LF. Step RF to R.

3&4 Cross step LF over R. Recover on RF. Step LF to L.

5&6 Cross step RF backward. Recover onto LF. Step RF to R.

7&8 Cross step LF backward. Recover onto RF. Turn 1/4 L (6:00). Step LF forward.

B4. ROCKING CHAIR. SWAY X 4.

1-2-3-4 Rock RF forward. Recover onto LF. Rock RF backward. Recover onto LF.

5-6-7-8 Sway R. Sway L. Sway R. Sway L.

Have Fun & Happy Dancing!

Contact Nina Chen: nina.teach.dance@gmail.com