

Limbo Rock

64 count, 4 wall, beginner/intermediate level
Choreographer: Susan Bangonkale (Nov 2005)
Choreographed to: Limbo Rock by Chubby Checker,
Let's Twist Again

Where the lyric starts

DO THE LIMBO TWIST! 4 COUNTS FORWARD AND 4 COUNTS BACKWARD

1 - 4 With feet together weight on balls of feet, twist heels L-R-L-R forward
5 - 8 With feet together weight on balls of feet, twist heels L-R-L-R backward
(Feel free to style the way u like)

LIMBO STEP FORWARD, FORWARD, BACK, BACK

1 - 4 Step right forward to right, hold, Step left forward to the left, hold (feet apart)
5 - 8 Step right backward to right, hold, Step left backward to the left, hold

TOE STRUT ½ TURN, TOE STRUT ¼ TURN, DRAG AND POINT

1- 2 Step R forward ½ turn on right toe. Lower heel.
3- 4 Step L forward ¼ turn on left toe. Lower heel
5- 8 Drag right to the right (big step), point left next to right

BODY ROLL DOWN & UP

1 - 4 Roll the body anti clockwise downwards as low as possible
5 - 8 Roll the body clockwise upwards

SHUFFLE FORWARD POINT, SHUFFLE BACKWARD HITCH

1 - 4 Step right forward, step left beside right, step right forward, point L behind right heel
5 - 8 Step left backward, step right beside left, step left backward, hitch on the right

RUN FORWARD HOLD ½ TURN RUN FORWARD HOLD

1-4 Run forward right left right hold
5 ½ L turn, Step left foot forward
6- 8 Run forward right left right

STOMP STOMP KNEE ROLL LEFT RIGHT

1- 4 Stomp left foot forward hold stomp right forward hold
5 - 8 Roll left knee anticlockwise, roll right knee clockwise

STOMP STOMP KNEE POP

1- 4 Stomp left backward hold, stomp right backward hold
5- 8 Split knees in hold, out and back together hold

START AGAIN

RESTARTS

There are 2 RE-STARTS after 32 counts when the lyrics end 'How low can you go?'
First re-start facing 12 o'clock end of 2nd wall
Second re-start facing 6 o'clock end of 6th wall
