

Soul Limbo**IMPROVER**

64 Count 4 Walls

Choreographed by: Liz Lowry

Choreographed to: Soul Limbo
(Latino Summer Mix) by Mr. Bongo

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- 1 Cross rock, chasse 1/4 turn, Step 1/2 pivot, forward shuffle**
1 - 2 Cross rock right over left, recover weight back onto left
3 & 4 Step right to right side, close left next to right, turn 1/4 turn right stepping forward on right
5 - 6 Step forward left, pivot 1/2 turn right taking weight onto right
7 & 8 Step forward left, close right to left, step forward left
- 2 Stepping hip bumps x 3, rock recover**
1 & 2 Small step forward right bumping hips right, left, right
3 & 4 Small step forward left bumping hips left, right, left
5 & 6 Small step forward right bumping hips right, left, right
7 - 8 Rock forward on left, recover weight back onto right, shimmy shoulders during these steps
- 3 Two shuffles back, backwards box step**
1 & 2 Shuffle back left, right, left, turn body slightly to left diagonal
3 & 4 Shuffle back right, left, right, turn body slightly to right diagonal
5 - 6 Step left back and out to left side, step right back and out to right side, finish with feet shoulder width apart
7 - 8 Step left forward and back to centre, step right forward beside left
- 4 Forward rock shuffle 1/2 turn x 2**
1 - 2 Rock forward left, recover weight back onto right
3 & 4 Shuffle 1/2 turn left
5 - 6 Rock forward right, recover weight back onto left
7 & 8 Shuffle 1/2 turn right
- 5 Weave and point, cross point x2**
1 - 4 Cross left over right, step right to side, cross left behind right, point right to side
5 - 8 Cross right over left, point left to side, cross left over right point right to side
- 6 1/4 turn, 1/4 turn chasse, 2 kickball changes**
1 - 2 Cross right over left, 1/4 turn right stepping back on left
3 & 4 1/4 right stepping right to side, close left to right, step right to side
5 & 6 Left kickball change
7 & 8 Left kickball change
- 7 Cross rocks, 1/4 turn right, full turn right**
1 - 3 Cross left over right, recover weight back onto right, step left to side
4 - 6 Cross right over left, recover weight back onto left, 1/4 turn right stepping forward onto right
7 - 8 1/2 turn right stepping back onto left, 1/2 turn right stepping forward onto right
- 8 Cross side rocks, jazz box 1/4 turn, scuff**
1 & 2 Cross left over right, rock right out to side, recover weight onto left
3 & 4 Cross right over left, rock left out to side, recover weight back onto right
5 - 8 Cross left over right, 1/4 turn left stepping back on right, step left to side, scuff right over left
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