

LIMBO ROCK

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RECORD: COL 3858-B LIMBO ROCK, AVAILABLE PALOMINO
FOOTWORK: OPPOSITE EXCEPT WHERE INDICATED
SEQUENCE: INTRO, A INTER ABA INTER, B MODIFIED
PHASE/RHYTHM: III + 2 TS/SAMBA
SPEED: 50 RPM (ADJUST FOR COMFORT) Corrected 7/98
INTRO

- 1 - 4 WAIT 2 MEAS IN TANDEM;; CIRC AWAY AND TOG 4 SAMBA WLKS;;
1-2 Wait 2 meas tandem pos M behind W fcg LOD;;
3 fwd L beg trng LFc/pl R bk on inside edge of toe, pull
L bk twd R about 3 inches flat ft, fwd R/pl L bk on
inside edge of toe, pull R bk twd L about 3 inches
flat foot cont trng;
4 REPEAT MEAS 3 INTRO to end fcg ptr/wall semi cl pos;

PART A

- 1 - 4 2 QUICKIE TWO-STPS; 2 ROCK THE BOATS; 2 QUICKIE TWO-
STPS; 2 ROCK THE BOATS;
1-2 fwd L/cl R, fwd L, fwd R/cl L, fwd R; fwd L leaning
fwd, with rocking motion cl R leaning bkwd, fwd L
leaning fwd, with rocking motion cl R leaning bkwd;
3-4 REPEAT MEAS 1-2 PART A;;
5 - 8 CRISS CROSS VOLTAS;; TRAVELING DOORS;;
5 fcg ptr in semi cl pos take W under jnd lead hnds
XLIF trn/sd & bk Xing behind W curving 1/4 to R, XLIF
trn /sd & bk, XLIF trn/sd & bk, XLIF to end fcg ptr
in bfly (W curves 1/4 to L under jnd lead hnds);
6 chg hnds REPEAT MEAS 5 Xing RIF & curving 1/4 to L to
end fcg ptr & wall in bfly;
7-8 rk sd L, rec R, XLIF/sd R, XLIF; rk sd R, rec L,
XRIF/sd L, XRIF to end fcg ptr & wall;

Note: Lace up can be used as option for Criss Cross Volta

INTERLUDE

- 1 - 4 SD CL, SD CL; SD CL, SD CL; DIG 8 STPS W/SHLDR SHRUGS;;
1 drop hnds sd L bending L knee, cl R straighten L knee
bending R knee to create hip action, sd L bending L
knee, cl R straighten L knee bending R knee to create
hip action;
2 REPEAT MEAS 1 INTERLUDE;
3 stp in place even cnts bending knee with each step and
reaching for the floor with opposite arm causing
shldr to drop w/each stp L, R, L, R;
4 REPEAT MEAS 3 INTERLUDE;

NOTE: Do meas 1 & 2 with hip action.

Meas 3 & 4--use down and up action lowering body toward the floor
meas 3 and rise back up with meas 4.

REPEAT PART A

PART B

- 1 - 4 2 SAMBA WLKS; BUZZ TRN L FC; 2 SAMBA WLKS; BUZZ TRN R FC;
1 no hnds fwd L trng to LOD/pl R bk on inside edge of toe, pull L bk twd R about 3 inches flat foot, fwd R LOD/pl L bk on inside edge of toe, pull R bk twd L about 3 inches flat;
2 sd L/trng L fc & push with R ft, fwd L cont L fc trn & push with R ft, fwd L cont L fc trn & push with R ft, fwd L to make complete trn in 7 stps end fcg LOD;
3 REPEAT MEAS 1 PART B start with R ft fcg LOD for both samba walks;
4 REPEAT MEAS 2 PART B start with R ft trng Rfc twd ptr and end fcg LOD;
- 5 - 8 SLIDING DOOR OVER; SLIDING DOOR BACK; CIRC AWAY AND TOG
4 SAMBA WLKS;;
5-6 rk apart L, rec R, XLIF/sd R, XLIF; rk apart R, rec L, XRIF/sd L, XRIF;
7 REPEAT MEAS 3 INTRO;
8 REPEAT MEAS 4 INTRO;

REPEAT PART A, AND INTERLUDE

PART B MODIFIED

- 1-7 REPEAT MEAS 1-7 PART B;;;;;;
8 REPEAT one samba walk of MEAS 8 PART B to fc ptr, hnds on hips,-, shake shoulders on final drum beat;

NOTE: Use of hands for samba walks and buzz turns(a spot volta action), bend arm so that elbow rests on opposite hand, palm turned down. Raise left arm when left foot goes forward and right arm when right foot goes forward.