



BroncoBeat

# **LIMBO ROCK**

Choreographed by Susan Bangonkale (Nov 2005)

Choreographed to "Limbo Rock " by Chubby Checker, album Let Twist Again  
64 Count - 4 wall line dance - Beginner/Intermediate level

**CD 7346**

## **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 1/2 TURN, TOE STRUT 1/4 TURN, DRAG AND POINT**

1- 2 Step R forward 1/2 turn on right toe. Lower heel.

3- 4 Step L forward 1/4 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 1/2 TURN RUN FORWARD HOLD**

1-4 Run forward right left right hold

5 1/2 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**

### **Note**

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