

# Limbo Up

Count: 0

Wall: 0

Level:

Choreographer: David J. McDonagh (WLS) & Sian L. Edwards

Music: Limbo - Jill Morris



Sequence: AB AB, A, AB, C, AB. Then keep repeating counts 33-48 experimenting with different movements.

## PART A

### STREET WISE RUNNING MAN STEP OR HEEL SWITCHES, HIP BUMPS

- 1 Left foot slide diagonally forward while right foot slides diagonally back
- & Left foot slide back in place while you raise/hitch right knee
- 2 Right foot slide diagonally forward while left foot slides diagonally back
- & Right foot slide back in place while you raise/hitch left knee
- 3 Left foot slide diagonally forward while right foot slides diagonally back

If you cannot do the above steps then do 3 heel switches-left, right, left

- & Hold on the (&) count
- 4 Touch left heel forward
- 5-7 Bump hips left, right, left
- &8 Bump hips right, left (weight on right)

### VAUDEVILLE STEPS, HIP BUMPS

- &9 Step left beside right, cross right over left
- &10 Step left to left side, touch right heel to right diagonal
- &11 Step right beside left, cross left over right
- &12 Step right to right side, touch left heel to left diagonal
- 13-15 Bump hips left, right, left
- &16 Bump hips right, left (weight on left)

### SNAKE ROLLS OR SWAYS

- 17-18 Snake roll to left forward diagonal
- 19-20 Snake roll to right back diagonal

If you cannot snake roll then just sway-left, right

## PART B

### & STEP ½ TURN, KNEE POPS WITH SLIDES

- &21 Step left beside right, step right forward
- 22 Pivot ½ a turn left
- 23 Slide left slightly back as you pop right knee forward
- & Slide right slightly back as you pop left knee forward
- 24 Slide left slightly back as you pop right knee forward

### STRAIGHT JAZZ BOX, HIP BUMPS

- 25-26 Cross right over left, step left back
- 27-28 Step right to right side, step left together shoulder width apart
- 29-31 Bump hips left, right, left
- &32 Bump hips right, left (weight on both feet)

### HIP ROLLS, BODY ROLL, ROLLING VINE

- 33-34 Facing left diagonal roll hips (to the left) once over (2) counts
  - 35-37 Still facing left diagonal step right forward to do a (3) count body roll
- If you cannot body roll then lean forward for (3) counts
- 38-40 Traveling right, do a (3) step vine rolling right

## **HIP ROLLS, BODY ROLL, ROLLING VINE**

41-42 Facing right diagonal roll hips (to the right) once over (2) counts

43-45 Still facing right diagonal step left forward to do a (3) count body roll

**If you cannot body roll then lean forward for (3) counts**

46-48 Traveling left, do a (3) step vine rolling left (end with weight on both feet).

**3rd time you do Part B, counts 33-48 will slow down slightly, but carry on slower.**

## **PART C**

1-3 Bump hips left, right, left

&4 Bump hips right, left (weight on both feet)

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