## Agne Dances the Limbo Rock



拍数: 64 墙数: 1 级数: Phrased Newcomer

编舞者: Tjwan Oei (NL) - August 2013 音乐: Limbo Rock - Duane Eddy



Sequence: B-A-A-B-A-A-B

#### A: 32 counts

### A01: Right side step - Recover - Right chasse - Left side step - Recover - Left chasse

1-2-3&4 Rf. step to right side – Recover weight onto Lf. – Rf. step to right – Lf. step together – Rf. step

to right

5-6-7&8 Lf. step to left side – Recover weight onto Rf. – Lf. step to left – Rf. step together – Lf. step to

left

#### A02: Rock forwards - Recover - Triple ½ turn right - Rock forwards - Recover - Coaster step

1-2-3&4 Rf. step fwd. – Recover weight onto Lf. – Rf. step ¼ turn right – Lf. step ¼ turn right – Rf. step

beside Lf.

5-6-7&8 Lf. step fwd. – Recover weight onto Rf. – Lf. step back – Rf. step back – Lf. step fwd.

# A03: Right side step – Recover – Scissor step – Step¼ turn right back–Step¼ turn right back , Cross over – Right side step – Step¼ left forwards

1-2-3&4 Rf. step to right – Recover weight onto Lf. – Rf. step to right – Lf. step together – Rf. cross

over Lt.

5-6-7&8 Lf. step ¼ turn ri. back– Rf. step ¼ turn ri. back– Lf. cross over Rf. – Rf. step to right– Lf. step

¼ turn left fwd.

#### A04: Scissor step (2 x) – Cross over – Step ¼ turn right back – Step back – Coaster step

1&2-3&4 Rf. step to right– Lf. step together – Rf. cross over Lf.– Lf. step to left – Rf. step together – Lf.

cross over Rf.

5&6-7&8 Rf. cross over Lf. – Lf. step ½ turn right back– Rf. step back – Lf. step back – Rf. step back –

Lf. step fwd.

#### B: 32 counts

#### B01: Jump forwards - Jump back ( move your body and hips )

1-2-3-4 Jump forwards (R-L) and move your hands and body 5-6-7-8 Jump back (R-L) and move your hands and body

#### B02: Step diagonally right fwd. – Step diagonally left fwd. ( move your hands )

1-2-3-4 Rf. step diagonally forwards and move your hands and bounce with your body
5-6-7-8 Lf. step diagonally forwards and move your hands and bounce with your body

## B03: Right rock step - Recover - Coaster step - Left rock step - Recover - Coaster step

1-2-3&4 Rf. step forwards – Recover weight onto Lf. – Rf. step back – Lf. step back – Rf. step

forwards

5-6-7&8 Lf. step forwards – Recover weight onto Rf. – Lf. step back – Rf. step back – Lf. step forwards

## B04: Full turn right step in eight count (Lift and move your body while stepping)

1-8 Make full turn right in eight count (Rf. step 1/8 turn right and Lf. step together.....etc...etc...)

Lift and move your body during stepping...

Have fun......Happy dancing.....

Contacxt: H.Oei@kpnplanet.nl

