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## Limbo Up

BEGINNER
1 Walls
Choreographed by: David J McDonagh \& Sian L Edwards
Choreographed to: Limbo by Jill Morris

|  | 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 $1 / 2$ TURN, KNEE POPS WITH SLIDES |
| \& 21 | Step left beside right, step right forward |
| 22 | Pivot $1 / 2$ 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
\& $4 \quad$ Bump hips right, left (weight on both feet)
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