

# LIMBO ROCK

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**Count:** 64

**Wall:** 4

**Level:** beginner/intermediate

**Choreographer:** Susan Bangonkale

**Music:** Limbo Rock by Chubby Checker

## DO THE LIMBO TWIST! 4 COUNTS FORWARD AND 4 COUNTS BACKWARD

- 1-4 With feet together weight on balls of feet, twist heels left-right-left-right forward  
5-8 With feet together weight on balls of feet, twist heels left-right-left-right backward

## 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 $\frac{1}{2}$ TURN, TOE STRUT $\frac{1}{4}$ TURN, DRAG AND POINT

- 1-2 Step right forward  $\frac{1}{2}$  turn on right toe. Lower heel  
3-4 Step left forward  $\frac{1}{4}$  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 to the right downwards as low as possible  
5-8 Roll the body to the right upwards

## SHUFFLE FORWARD POINT, SHUFFLE BACKWARD HITCH

- 1-4 Step right forward, step left beside right, step right forward, point left behind right heel  
5-8 Step left backward, step right beside left, step left backward, hitch on the right

## RUN FORWARD HOLD $\frac{1}{2}$ TURN RUN FORWARD HOLD

- 1-4 Run forward right left right hold

## 5 $\frac{1}{2}$ left 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 to the left, roll right knee to the right

## **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

## **REPEAT**

## **RESTART**

**Restart after 32 counts when the lyrics end 'How low can you go?'. First restart facing 12:00 end of 2nd wall Second re-start facing 6:00 end of 6th wall**