

RIO GRANDE

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Count: 80 **Wall:** 4 **Level:** —

Choreographer: Holly Ruschman

Music: Limbo Lady by The Dean Brothers

FORWARD ROCK & ROLL BALL CHANGES

- 1&2** Rock forward left-right-left, bend left elbow with right hand to left elbow
- 3&4** Rock forward right-left-right, bend right elbow with left hand to right elbow
- 5-8** Sway forward walking left-right-left-right, rolling arms forward left-right-left-right like patty cake
- 9&10** Rock backward left-right-left, bend elbow with right hand to left elbow
- 11&12** Rock backward right-left-right, bend right elbow with left hand to right elbow
- 13-16** Sway back walking left-right-left-right, rolling arms back left-right-left-right like patty cake

SMOOTH LEFT MONTEREY TURNS

- 17** Point left toe and arm to left side
- 18** Push off and turn $\frac{1}{2}$ to the left
- 19** Point right foot and arm to right side
- 20** Return to center
- 21-24** Repeat 17-20

CALYPSO WALK WITH $\frac{1}{2}$ TURN LEFT

- 25-28** Walk forward left-right-left & turn $\frac{1}{2}$ left, kicking right foot behind with head looking over right shoulder
- 29-32** Walk forward right-left-right & turn $\frac{1}{2}$ left, kicking left foot behind with head looking over left shoulder

LIMBO SIDE STEP & TURN CHA-CHAS

- 33** Step left foot and arm to left side (palm up), right hand to midriff (palm in)
- 34** Step on right starting a full turn to right
- 35&36** On left-right-left, complete full turn to right
- 37** Step right foot and arm to right side, (palm up), left hand to midriff (palm in)

- 38 Step on left starting a full turn to the left
- 39&40 On right-left-right, complete full turn to left

V STEPS FORWARD & BACK & SWAYS

- 41 Step forward on left foot at 45 angle
- 42 Step forward on right foot at 45 angle
- 43 Step back left
- 44 Step back right
- 45-48 Sway hips left-right-left-right

LIMBO HOPS

- 49-52 Hop forward 4 times on both feet, bend upper body back with arms out to sides (palms up)
- 53-56 Walk back right-left-right-left with upper body still bent back & arms at side (palms up)

CONGO VINE & STOMP & CLAPS

- 57 Cross right foot over left
- 58 Step left foot to left side
- 59 Step right behind left
- 60 Step left foot to left side
- 61 Stomp right foot forward as you turn $\frac{1}{4}$ turn to the left
- 62-64 Clap hands in front 3 times

ROCK $\frac{1}{2}$ TURN LEFT & CHA-CHAS

- 65 Rock forward on left foot
- 66 Step back on right to begin $\frac{1}{2}$ turn to the left
- 67&68 Complete $\frac{1}{2}$ turn on left-right-left

CROSS STEPS 45 DEGREE LEFT

- 69 Cross right over left
- & Step left foot to left
- 70 Cross right over left
- & Step left foot to left
- 71 Cross right over left

& Step left foot to left

72 Cross right over left

ROCK ½ TURN LEFT & CHA-CHAS

73 Rock forward on left foot

74 Step back on right to begin ½ turn to the left

75&76 Complete ½ turn on left-right-left

CROSS STEPS 45 DEGREE LEFT

77 Cross right over left

& Step left foot to left

78 Cross right over left

& Step left foot to left

79 Cross right over left

& Step left foot to left

80 Cross right over left

REPEAT

Dance begins ¼ left of first wall. During the traveling cross steps, travel at a 45 degree angle to the left.