

# LIMPAHAN

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**Count:** 40      **Wall:** 4      **Level:** Sumazau line-dance

**Choreographer:** Mariana & Silia

**Music:** Limpahan ( edited ) by John Samud

**Count In: 20 counts.**

## **TRIPLE ON THE SPOT - FORWARD, BACK, RIGHT, LEFT**

- 1&2**      Step right forward, step left together, step right beside left
- 3&4**      Step left back, step right together, step left beside right
- 5&6**      Step right to right side, step left together, step right beside left
- 7&8**      Step left to left side, step right together, step left beside right

## **SIDE-TOGETHER TO THE RIGHT, SIDE-TOGETHER TO THE LEFT**

- 1&2&**      Step right to right side, step left together, step right to right side, step left together
- 3&4**      Step right to right side, step left together, step right together
- 5&6&**      Step left to left side, step right together, step left to left side, step right together
- 7&8**      Step left to left side, step right together, step left to left side

**( When travelling right, slant right hand upwards and left hand downwards while flipping the hands.**

**Do the opposite while travelling left. )**

## **TURNING 1/4 LEFT, CROSS-ROCKS X2, BACK SHUFFLE, 1/4 TURN LEFT TRIPLE IN PLACE**

- 1&2**      Turning 1/4 left cross right over left, recover onto left, rock right over left again
- 3&4**      Cross left over right, recover onto right, rock left over right again
- 5&6**      Shuffle backward on RLR
- 7&8**      Turning 1/4 left, triple steps in place on LRL

## **TOUCH, KICK, RIGHT TRIPLE STEPS IN PLACE, TOUCH, KICK, 1/4 TURN LEFT TRIPLE IN PLACE**

- 1-2**      Touch right beside left, kick right forward
- 3&4**      Step right to right side, step left together, step right together
- 5-6**      Touch left beside right, kick left forward

**7&8** Sweep left to the back turning 1/4 left, step right together, step left together

**FORWARD CROSS ROCKS X 2, LOCK STEPS TURNING FULL TURN LEFT**

**1&2** Rock right over left, recover onto left, rock right over left again

**3&4** Rock left over right, recover onto right, rock left over right again

**5&6&7&8&** Cross right over left turning 1/4 left, step on left ball behind right x4

**( Stretch both hands out in Sumazau style. The left foot will remain on the same spot while the right will travel in a full circle for these 4 counts.)**

**Ending: towards the end of the music ( facing 12.00 ) do the triple steps on right and left till the music ends.**

**( Throughout the whole dance, there must be a bouncing movement of up and down while both hands are swung forward and back.**

**Step onto the balls of feet to make the bouncing movements.)**