

LimBoW

64 count, 4 wall, intermediate level

Choreographer: Kate Sala (UK)

Choreographed to: Back To The Limbo by abs

Start on vocals

Step Right, Touch, Kick Ball Cross, Full Paddle Turn Left.

- 1 2 Step right to right side. Slide left in next to right (keeping weight on right).
3 & 4 Kick left to left diagonal. Step on ball of left in place. Cross step right over left.
5 – 8 Step left to left side with 1/4 turn left. Paddle 3/4 turn left (keeping weight on left) touching right toe to right side 3 times.

(At the beginning of the 4th wall dance the above 8 counts and then start again from the beginning of the dance.)

Cross, Back, Chasse, Cross, Full Unwind, Side Rock & Cross.

- 1 2 Cross step right over left. Step back on left.
3 & 4 Step right to right side. Step left next to right. Step right to right side.
5 6 Cross step left over right. Full unwind right. (Weight remaining on left)
7 & 8 Side rock right. Recover weight to left. Cross step right over left.

Side Step, Back Rock, Side Step, Back Rock, Side Step, Heel Lifts.

- 1 2 3 Step left to left side. Cross rock back on right. Rock forward on to left.
4 5 6 Step right to right side. Cross rock back on left. Rock forward on to right.
7 & 8 Small step left to left side. Raise heels bending both knees. Lower heels

Cross Rock Behind, Chasse 1/4 Turn Left, Step Pivot 1/2 Left, Full Turn Left.

- 1 2 Cross rock back on left. Rock forward on right.
3 & 4 Step left to left side. Step right next to left. Step left to left side with ¼ turn left
5 6 Step forward on right. Pivot 1/2 turn left.
7 8 Full turn left travelling forward on right, left.

Rock Forward, Recover, Sailor Step, Sailor 1/2 Left, Step 1/2 Pivot.

- 1 2 Rock forward on right. Rock back on left.
3 & 4 Cross step right behind left. Step left to left side. Step right in place.
5 & 6 Cross step left behind right. Turn 1/2 left stepping right in place. Small step forward on left.
7 8 Step forward on right. Pivot 1/2 turn left.

Body Rock Forward, Back x 2, Shuffle Back, Coaster Step.

- 1 2 3 4 Rock forward on right. Recover back on to left. Repeat
5 & 6 Step back on right. Step left next to right. Step back on right.
7 & 8 Step back on left. Step right next to left. Step forward on left.

Step Forward, Hold, & Step Forward, Touch, Kick, Coaster Step, Side Touch.

- 1 2 & 3 Step forward on right. Hold. Step left next to right. Step forward on right.
4 5 Touch left next to right. Kick left forward.
6 & 7 8 Step back on left. Step right next to left. Step forward on left. Touch right to right side.

Cross, Side, Sailor Step, Cross, Turn 1/4 Left, Triple 3/4 Left.

- 1 2 Cross step right over left. Step left to left side.
3 & 4 Cross step right behind left. Step left to left side. Step right to right side.
5 6 Cross step left over right. Turn 1/4 left stepping back on right.
7 & 8 Triple step 3/4 turn left.

Start Again. Enjoy!