

LIMBO ROCK

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MUSIC: Collectable 3858 by Chubby Checkers 2:25 avail Palomino Records
Chubby Checkers Greatest Hits Track #8 "Limbo Rock" download Amazon
FOOTWORK: Opposite except where indicated
SEQUENCE: INTRO A INTER A B A INTER B (1-6) TAG
RHYTHM: TS/SAMBA RAL PHASE III + 2 [criss-cross volta, samba wlks]
SPEED: 50 RPM (adjust for comfort)
RELEASED: July, 1998 **REVISED:** July, 2010

INTRO

- 1-4 WAIT;; CIRC AWAY & TOG 4 SAMBA WLKS;;
1-2 Wait 2 meas tandem pos M beh W fcg LOD;;
3 Fwd L comm LF trn/plc R bk on inside edge of toe, pull L bk twd R
about 3 inches flat foot, fwd R/plc L bk on inside edge of toe, pull R bk
twd L about 3 inches flat foot;
4 REPEAT MEAS 3 INTRO to end fcg ptr WALL SCP;
NOTE: Fwd 2 steps can be used as option for samba wlks.

PART A

- 1-4 2 QUICKIE TWO-STEPS; RK THE BOAT TWICE; 2 QUICKIE TWO-STEPS;
RK THE BOAT TWICE;
1 Fwd L/cl R, fwd L, fwd R/cl L, fwd R;
2 Fwd L with straight knee leaning fwd, with rocking motion & relaxed
knees cl R leaning bkwr, fwd L with straight knee leaning fwd, with
rocking motin & relaxed knees cl R leaning bkwr;
3-4 REPEAT MEAS 1 & 2 PART A;;
5-8 CRISS-CROSS VOLTAS;; TRAVELING DOORS;;
5 Fcg ptr in SCP lead W undr jnd lead hnds XLIF trn/sd & bk Xing beh
W curving 1/4 to R, XLIF trn/sd & bk, XLIF trn/sd & bk, XLIF to end fcg
ptr COH (W curves 1/4 to L undr jnd lead hnds to end fcg ptr WALL);
6 Keep lead hnds jnd lead W under jnd lead hnds XRIF trn/sd & bk Xing
beh W curving 1/4 to L, XRIF trn/sd & bk, XRIF trn/sd & bk, XRIF to
end fcg ptr WALL (W curves 1/4 to R undr jnd lead hnds to end fcg ptr
COH);
7-8 Rk sd L, rec R, XLIF/ sd R, XLIF; rk sd R, rec L, XRIF/sd L, XRIF to
end fcg ptr WALL;
NOTE: Full lace up can be used as option for Criss Cross Volta.

INTERLUDE

- 1-4 SD CL, SD CL; SD CL, SD CL; DIG STPS DOWN & UP WITH SHLDR
SHRUGS;;
1 Release hnds sd L bending L knee, cl R straighten L knee bending R knee
to create hip action, sd L bending L knee, cl R straighten L knee bending
R knee to create hip action;
2 REPEAT MEAS 1 INTERLUDE;
3 In plc even cnts bending knee with each step lowering body twd floor L,
R, L, R;
4 In plc even cnts with each step rising to standing position L, R, L, R;
REPEAT PART A .

PART B

- 1-4 2 SAMBA WLKS; BUZZ TRN 1/2 LF(RF); 2 SAMBA WLKS; BUZZ TRN 1/2 RF(LF);
- 1 No hnds fwd L trng twd LOD/plc R bk on inside edge of toe, pull L bk twd R about 3 inches flat foot, fwd R LOD/plc L bk on inside edge of toe, pull R bk twd L about 3 inches flat;
 - 2 Sd L/trn LF(W RF) & push with R ft, fwd L cont LF trn & push with R ft, fwd L cont LF trn & pushy with R ft, fwd L to end fcg RLOD;
 - 3 REPEAT MEAS 1 PART B STARTING WITH R FT FCG RLOD;
 - 4 REPEAT MEAS 2 PART B STARTING WITH R FT & TRNG RF end fcg LOD;
- 5-8 SLIDING DOOR OVER & BACK;; BUZZ TRN 1/2 LF (RF); BUZZ TRN 1/2 RF(LF);
- 5 Sd by sd fcg LOD rk apt L, rec R, XLIF of R crossing beh W, XLIF;
 - 6 Rk apt R, rec L, XRIF of L crossing beh W, XRIF;
 - 7-8 REPEAT MEAS 2 & 4 of PART B blend to SCP;;
- REPEAT PART A
REPEAT INTERLUDE
REPEAT PART B 1-6
TAG
- 1-2 CIRCLE AWAY & TOG 3 SAMBA WLKS & SHLDR SHAKE;;
- 1 REPEAT MEAS 3 INTRO;
 - 2 Moving twd ptr fwd L/plc R bk on inside edge of toe, pull L bk twd R about 3 inches flat foot, hands on hips leaning twd ptr shake shlders;

NOTE: Arm movements are optional. For Samba wlks, bend arms so that the elbow rests on the opposite hand, palm turned down. Raise left arm when the left foot moves forward and the right arm when the right foot moves forward. For buzz turns place L arm across front of body at waist level and R arm across back of body at waist level for LF trn, and the opposite for a RF turn.