

LIMBO ROCK

By: Bill & Carol Goss 10965 Sunny Mesa Rd. San Diego, CA 92121 858-638-0164
Record: STAR 148B (Flip My Guy) Phase VI Mambo Speed: 39-41 rpm
Sequence: INTRO, A, B, B, C, B, A 1-8, B 9-16 MOD TO ENDING Released: 6/15/01

INTRO

- 1-4 WAIT 6 BEATS ARM ROLL:-; SPOT TURN HIP ROLL BODY RIPPLE:-;
1-2 Wait 6 beats on R ft L ft pt sd fc ptr & wall;-;, raise R arm pt to RLOD then roll arm from elbow to finger up & arnd CCW end pt to RLOD;-;
QQS 3-4 XLIF of R twd RLOD trn 3/4 RF, recov R trn 1/4 to fc ptr & wall leave R SS hip out twd RLOD, cl ft wgt on both ft & roll hip bk then fwd CW;-; with no wgt chg body ripple by bringing the rear end under body and wave the rest of the body fwd and then bk to line up over the ft;

PART A

- 1-4 CROSS BODY TO LOP:-; BACK BASIC; PATTY-CAKE TAP;
QQS 1 Blend to CP fwd L, recov R, trn LF ft 1/4 trn body 1/8 trn sd L (W bk R, recov L, fwd R twd M staying on R sd end in L-shaped position)-;
QQS 2 Bk R fc LOD, recov L, sd R to LOP (W fwd L comm LF trn, fwd R trn 3/4 LF, sd L) both fc LOD;-;
QQS 3 Swing joined hnds bck to rck bk L, recov R, fwd L;-;
SS 4 Lift R knee swvl LF on L to fc ptr trail hnds palm to palm & tap R toe fwd & across twd RLOD,-, lift R knee swvl RF on L to LOP bk R;-;
5-8 BACK BASIC; PATTY-CAKE TAP; BACK BASIC TO FACE; SPOT TURN;
QQS 5 Swing joined hnds bck to rck bk L, recov R, fwd L;-;
SS 6 Lift R knee swvl LF on L to fc ptr trail hnds palm to palm & tap R toe fwd & across twd RLOD,-, lift R knee swvl RF on L to LOP bk R;-;
QQS 7 Swing joined hnds bck to rck bk L, recov R, fwd L trn to fc ptr;-;
QQS 8 XRIF of L release hnds trn 3/4 LF, fwd L trn 1/4 to fc ptr & COH, sd R blend to CP;-;
9-12 CROSS BODY DROP HANDS:-; PROGRESSIVE BASIC:-;
QQS 9 Fwd L, recov R, trn LF foot trned 1/4 body trn 1/8 sd L (W bk R, recov L, fwd R twd M staying on R sd ending in L-shaped position)-;
QQS 10 Bk R cont LF trn fc COH, small fwd L, sd & fwd R (W fwd L trn LF, bk R, sd & bk L) drop hnds fc wall;-;
QQS 11 Rk fwd L, recov R, bk L;-;
QQS 12 Rk bk R, recov L, fwd R;-;
13-16 STEP POINTS TWICE ARM ROLL:-; SPOT TURN HIP ROLL BODY RIPPLE:-;
QQ-Q13-14 With no body contact step in pl L X hnds in front, pt R twd RLOD trn Q-QQ body LF to DW bring hnds sharply down, hold one quick, bring R to cl to L X hnds in front; pt L twd LOD trn body RF to DRW bring hnds sharply down, hold, raise R arm pt to RLOD then roll arm from elbow to finger up & arnd CCW end pt to RLOD ,;-;
QQS 15-16 XLIF of R twd RLOD trn 3/4 RF, recov R trn 1/4 to fc ptr & wall leave R SS hip out twd RLOD, cl ft wgt on both ft & roll hip bk then fwd CW;-; with no wgt chg body ripple by bringing the rear end under body and wave the rest of the body fwd and then bk to line up over the ft;

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PART B

1-4 CROSS BODY DOUBLE HAND HOLD:-; BASIC: WOMAN UNDER TRAIL HANDS
MAN HEAD LOOP:

- QQS 1 Blend to CP fwd L, recov R, trn LF foot trned 1/4 body trn 1/8 sd L (W bk R, recov L, fwd R twd M staying on R sd ending in an L-shaped position),-;
- QQS 2 Bk R cont LF trn, small fwd L, sd & fwd R lead W bk to arms length (W fwd L trn LF, bk R, sd & bk L) end fc COH double hand hold,-;
- QQS 3 Rk fwd L, recov R, bk L comm to raise R hnd,-;
- QQS 4 Bk R, recov L, sd R blend to 1/2 OP after looping trail hnds over head (W fwd L trn RF 1/2 under trail hnds, fwd R trn RF 1/2 to fc, sd L to 1/2 OP),-;

5-8 HALF OPEN BREAK BACK TWICE:-; BACK BASIC TO "L" POSITION:
CROSS BODY WITH LADY LAY BACK:

- QQS 5 In 1/2 OP break bk L, recov R to fc ptr, sd L,-;
- QQS 6 In 1/2 LOP break bk R, recov L to fc ptr, sd R,-;
- QQS 7 In 1/2 OP break bk L, recov R stay fcng LOD, small sd L (W break bk R, recov L to fc wall, small fwd & sd R to L-shaped position),-;
- QQS 8 Bk R trn LF, small fwd L, sd & fwd R (W fwd L reaching leg fwd keeping body wgt bk & allow head to go bk in lay back position put wgt on foot with body ripple action trn LF, bk R, sd & bk L) end fc wall,-;

9-12 CROSS BODY WITH WOMEN INSIDE UNDERARM TURN:-; MAN UNDERARM
TURN: MAN TURTLE:

- QQS 9 Fwd L, recov R, trn LF foot trned 1/4 body trn 1/8 sd L (W bk R, recov L, fwd R twd M staying on R sd ending in L-shaped position),-;
- QQS 10 Bk R cont LF trn comm W inside under arm trn by lifting lead hnds, small fwd L, sd & fwd R (W fwd L comm LF trn 1/2 under lead hnds, bk R cont LF trn 1/2 under lead hnds, fwd L trn 1/2 LF to fc ptr) end fc COH,-;
- QQS 11 Under lead hnds fwd L twd ptr trn RF 1/2, fwd R trn RF 1/2 to fc, cl L to R chg hnds behind his bk to R hnds joined (W rk R, recov L, cl R),-;
- S- 12 XRIB of L to do twist trn RF while bring joined R hnds to middle of bk
(W QQS) bending fwd at waist and head down to ground trning full trn to fc ptr at the very end releasing hnds to find W's hips,-, (W bring hips bk in pl L with slight lean fwd, in pl R, in pl L),-;

13-16 BODY INVESITGATOR:-; CROSS BODY:-;

- SSSS 13-14 With no wgt changes lift head and slowly rise from the waist looking to (W QQSQQS)W's L sd,-, looking to W's R sd cont rise,-; looking to W's L sd cont rise,-, standing straight up to CP (W with R hnd on his shoulder in pl R, L, R,-; L, R, L straighten to CP),-;
- QQS 15 Fwd L, recov R, trn LF foot trned 1/4 body trn 1/8 sd L (W bk R, recov L, fwd R twd M staying on R sd ending in an L-shaped position),-;
- QQS 16 Bk R cont LF trn, small fwd L, sd & fwd R end fc wall (W fwd L trn LF, bk R, sd & bk L),-;

REPEAT PART B

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PART C

1-4 BASIC; NATURAL TOP; OPENING OUT TO CIRCULAR HIP TWIST:-;

- QQS 1 Fwd L, recov R, fwd & sd L blend to CP fc RLOD,-;
- QQS 2 XRIB of L trn RF, cont trn RF sd L, cont trn fc DW XRIB of L (W fwd L trn RF, cont trn fwd R btwn M's ft, cont trn fwd L),-;
- QQS 3 Fwd L with RF body trn, recov R trn bk, XLIB of R (W swvl on L 1/2 RF step bk R, recov L comm LF trn, cl R to L in BJO complete 1/2 LF trn),-;
- QQS 4 Sd & bk R make 1/8 LF trn lead W to swvl RF, XLIB of R trning & bking LF lead W to swvl LF, sd & bk R trn LF lead W to swvl RF (W swvl 1/8 RF fwd L, swvl 1/8 LF cl R, swvl 1/8 RF step fwd L),-;

5-8 CONTINUE CIRCULAR HIP TWIST; SCALLOP ENDING OVERTURNED DROP HANDS; CHALLENGE BASIC:-;

- QQS 5 XLIB of R trning LF lead W to swvl RF, sd & bk R trn LF lead W to swvl LF, cl L end fc RLOD (W swvl 1/8 LF cl R, swvl 1/8 RF fwd L, swvl 1/8 LF cl to fc),-;
- QQS 6 Trn to SCP thru R, trn to fc ptr & wall picking her up fwd L, cl R fc wall release hold,-;
- QQS 7 No hnds to do 1/2 progressive basic fwd L, recov R, small bk L,-;
- &QQQQ 8 Trn body RF to lunge sd R on the & ct R shoulder bk/ pt L ft fwd with (W QQS) body twd DRW, recov L trn to fc wall, small fwd R, scoot fwd on R bring L knee up and tighten abdominal muscles up & bk as if punched in stomach (W normal progressive basic fwd L, recov R, small bk L,-);

9-12 CHALLENGE BASIC TWICE:-:-;

- QQS 9 Normal basic fwd L, recov R, small bk L,- (W do M's footwork of last meas (W &QQQQ) trn body RF to lunge sd R on the & ct R shoulder bk/ pt L ft fwd with body twd DC, recov L trn to fc COH, small fwd R, scoot fwd on R bring L knee up and tighten abdominal muscles up & bk as if punched in stomach);

10-11 Repeat meas 8-9 part B;-;

- QQS 12 Normal progressive basic for both rk bk R, recov L, small fwd R,-;

13-16 STEP POINT TWICE ARM ROLL:-; SPOT TURN HIP ROLL BODY RIPPLE:-;

- QQ-Q13-14 With no body contact step in pl L X hnds in front, pt R twd RLOD trn Q-QQ body LF to DW bring hnds sharply down, hold one quick, bring R to cl to L X hnds in front; pt L twd LOD trn body RF to DRW bring hnds sharply down, hold, take R arm up to the sd then roll arm from elbow to finger up & arnd CCW end pt to RLOD,-;

- QQS 15-16 XLIF of R twd RLOD trn 3/4 RF, recov R trn 1/4 to fc ptr & wall leave R SS hip out twd RLOD, cl ft wgt on both ft & roll hip bk then fwd CW,-; with no wgt chg body ripple by bringing the rear end under body and wave the rest of the body fwd and then bk to line up over the ft;

REPEAT B

REPEAT A 1-8

REPEAT B 9-14 START FACING COH

ENDING

15-16 CROSS BODY & EXPLODE APART:-;

- QQS 15 In CP fwd L, recov R, trn LF foot trn 1/4 body trn 1/8 sd L (W bk R, recov L, fwd R twd M staying on R sd ending in an L- shaped position),-;
- QQ&S16 Bk R, recov L/ on & ct small sd R, pt L twd ptr sway twd ptr free arm out to sd (W fwd L comm LF trn, fwd R trn 3/4 LF/ on & ct sd L, pt R twd ptr free arm out to sd) end fc LOD but look at ptr,-;