

## **The Limbo:**

Music: 1. *Limbo Rock* by Chubby Checkers  
2. *The Lion Sleeps Tonight* by Abilene Music, Inc.

### Steps:

1. Two (2) people should be holding some type of "pole" or "bar". Using a "noodle" for swimming or a PVC Piping both work well
2. The bar should start out fairly high so everyone can go under it fairly easily. Shoulder or head height is a good place to start. Lower the bar after each round is completed. (A round is when everyone has taken their turn and the first person who was first in line is in the front of the line again).
3. Participants form a single-file line in front of the Limbo Bar.
4. One person at a time: go under the bar, bending backwards, with a chin-lift, as necessary.
5. When any part of your body touches the ground, besides your feet, you are eliminated from participating in the next round.
6. Continue lowering the bar as long as there are participants left to go under it.

\*\**The Conga Line* can be used to lead into *The Limbo*, and to continue moving around the room until it is your turn to go under *The Limbo Stick*.