

La Conga Blicoti

拍数: 80 墙数: 2 级数: Improver
编舞者: Rita Macinskiene (LIT) - January 2016
音乐: La Conga Blicoti - Joséphine Baker : (2:24)



Start after 40 counts intro

(1-8) Walk forward x 2, long step, drag/slide

1-2 Step L forward (1), step R forward (2)
3-4 Long step L backward at the same time drag/slide R towards L (3), close R next to L (4)
5-8 Repeat counts 1-4

(9-16) Samba x 3 (LRL), unwind ½ turn left

1&2 Cross step L over R (1), rock out to right side on ball of R (&), recover on L (2)
3&4 Cross step R over L (3), rock out to left side on ball of L (&), recover on R (4)
5&6 Cross step L over R (5), rock out to right side on ball of R (&), recover on L (6)
7-8 Cross R over L (7), unwind ½ turn left (ending with weight on R) (8) (6:00)

(17-32) Repeat counts 1-16 (12:00)

(33-40) Cross step to right side x 2, swivel toes, push hips back

1-2 Cross step L over R (1), step R to right side (2)
3-4 Cross step L over R (3), close R next to L (4)
5-6 Swivel both toes to diagonal right (5), swivel both toes to centre (6)
7-8 Push hips back (angling body to left diagonal) (7), straighten up (8)

(41-48) Cross step to left x2, swivel toes, push hips back

1-2 Cross step R over L (1), step L to left side (2)
3-4 Cross step R over L (3), close L next to R (4)
5-6 Swivel both toes to diagonal left (5), swivel both toes to centre (6)
7-8 Push hips back (angling body to right diagonal) (7), straighten up (8)

(49-56) Sailor step x 3 (LRL), unwind ½ turn right

1&2 Cross L behind R (1), step R to right side (&), step L to left side (2)
3&4 Cross R behind L (3), step L to left side (&), step R to right side (4)
5&6 Cross L behind R (5), step R to right side (&), step L to left side (6)
7-8 Cross R behind L (7), unwind ½ turn right (ending with weight on R) (8) (6:00)

(57-64) Cross steps to right, side touch x 3, cross R over left knee x 2

1-2 Cross step L over R (1), step R to right side (2)
3-4 Cross step L over R (3), touch R to right side (4)
5-6 Lift R over left knee (5), touch R to right side (6)
7-8 Lift R over left knee (7), touch R to right side (8)

(65-72) Cross steps to left, side touch x 3, cross R over right knee x 2

1-2 Cross step R over L (1), step L to left side (2)
3-4 Cross step R over L (3), touch L to left side (4)
5-6 Lift L over right knee (5), touch L to left side (6)
7-8 Lift L over right knee (7), touch L to left side (8)

(73-80) Sailor step x 2 (LR), kick step touch x 2

1&2 Cross step L behind R (1), step R to right side (&), step L to left side (2)
3&4 Cross step R behind L (3), step L to left side (&), step R to right side (4)

5&6 Kick L forward (5), step L together (&), touch R to right side (6)
7&8 Kick R forward (7), step R together (&), touch L to left side (8) (6:00)

Ending: at the end of 4th wall (final wall, facing 6:00):

Replace counts 79&80 with Unwind $\frac{1}{2}$ turn left:

7-8 Cross R over L (7), unwind $\frac{1}{2}$ turn left (ending with weight on R) (8) (12:00)

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