

Conga

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Lita Arnanda (INA) - December 2023
音乐: Conga - Gloria Estefan



Intro : 16 C

No tag, 1 Restart (after 28 C - Wall 6)

I. CHARLESTON, SIDE CROSS BEHIND RL

1 2 3 4 Touch toe RF forward, Step back RF beside LF, Touch LF toe backward, LF forward beside RF
5 6 7 8 Step RF to R side, Cross touch LF behind RF, Step LF to L side, cross touch RF behind LF

II. OUT-OUT IN-IN, TURN ¼ R JAZZBOX FORWARD

1 2 3 4 RF forward diagonal to R, LF forward diagonal to L, RF backward to center, LF backward beside RF
5 6 7 8 Cross RF over LF, turn ¼ R LF backward, RF to R side, LF forward

III. PIVOT ½ TO L, PIVOT ½ TO L, LOCK SHUFFLE BACKWARD

1 2 3 4 RF Forward, turn ½ to L (bring weight on LF), LF Forward, turn ½ to L (bring weight on LF)
5&6 7&8 Step RF backward, cross LF over RF, step RF backward, Step LF backward, cross RF over LF, step LR backward

IV. FORWARD, TURN ½ TO R, BACKWARD, RECOVER, OUT-OUT IN-IN

1 2 3 4 RF Forward, turn ½ to R, RF backward (bring weight on LF), Step RF backward, LF recover
5 6 7 8 RF forward diagonal to R, LF forward diagonal to L, RF backward to center, LF backward beside RF