

# Conga Rhythm

拍数: 32      墙数: 4      级数: Intermediate  
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音乐: Conga - Gloria Estefan



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## WALK RIGHT, LEFT, RIGHT, LEFT, RIGHT ROCK WITH CUBAN HIP ROLL, BEHIND SIDE ¼ STEP FORWARD

1-4      Walk forward with right, left, right, left

**Raise arms up from the sides to shoulder level over the first 4 counts**

5-6      Step right to right side, recover onto left

**Roll hips around to the right over these two counts**

7&8      Step right behind left, step left to the side while turning ¼ left, step forward on right

## WALK LEFT, RIGHT, LEFT (SHIMMIES) HITCH RIGHT, STEP, ¼ TURN, HIP ROLL

9-11      Walk forward left, right, left

**Shake shoulders while walking forward**

12      Hitch right knee up

13-14      Step back on right turning ¼ to the left, step left to left side

15-16      Roll hips for 2 counts to the left

**Weight ending on left**

## MAMBO CROSSES, CROSS STEPS 3 TIMES, ½ TURN

17&18      Step right over left, step left in place, step right to right side

**Feet should be shoulder width apart**

&19&20&      Step left in place, step right over left, step left foot in place, step right to right side shoulder width apart, step weight onto left foot

21&22&      Cross right over left, step left slightly to left side, cross right over left, step left slightly to left side

23-24      Cross right over left, unwind ½ turn over the left shoulder

## CROSS, STEP, STEP X3, SAILOR STEP TURN ¼

25&26      Cross right over left, step left together with right, step right in place

**Ending with body angled 45 degrees to the right side**

27&28      Cross left over right, step right together with left, step left in place

**Ending with body angled 45 degrees to the left side**

29-30      Cross right over left, step left together with right, step right in place

**Ending with body angled 45 degrees to the right side ending with weight on right foot**

31&32      Step left foot behind right, (angle body back to home wall) cross right over left, turn a ¼ to the left stepping forward on left

**REPEAT**

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