

Congo On

拍数: 80 墙数: 2 级数: Intermediate
编舞者: Jenny Frey (AUS)
音乐: Go Away - Gloria Estefan



1-2 Jump back onto left (kicking right forward slightly), rock onto right
3&4 Shuffle slightly forward left, right, left
5-6 Jump back onto right (kicking left forward slightly), rock onto left
7&8 Shuffle slightly forward right, left, right

9-16 Repeat steps 1-8

17-18 Rock back onto left (kicking right forward), rock onto right
19&20 While turning $\frac{1}{2}$ right shuffle back left, right, left
21-22 Rock back right (kicking left forward), rock onto left
23&24 While turning $\frac{1}{2}$ left shuffle back right, left, right

25-32 Repeat 17-24

33-36 Bump hips left twice, bump hips right twice
37-40 Bump hips left twice, bump hips right twice

41-42 Step back on left behind right, point right toe to right side
43-44 Step back on right behind left, point left toe to left side
45-46 Step back on left behind right, point right toe to right side
47-48 Step back on right behind left, point left toe to left side

For a bit quicker feel, make steps 41-48 into sailor steps traveling back slightly

49&50 Sailor step left, right, left turning $\frac{1}{4}$ right
51&52 Sailor step right, left, right
53&54 Sailor step left, right, left turning $\frac{1}{4}$ right
55&56 Sailor step right, left, right

57-58 Rock forward onto left, rock back onto right
59&60 Triple step left, right, left while turning $\frac{3}{4}$ left
61-62 Rock forward onto right, rock back onto left
63&64 Triple step right, left, right while turning $\frac{3}{4}$ right

65-66 Step forward onto left, lock right behind left
67&68 Shuffle forward left, right, left
69-70 Step forward onto right, pivot $\frac{1}{2}$ left
71&72 Shuffle forward right, left, right

73-74 Step forward onto left, lock right behind left
75&76 Shuffle forward left, right, left
77&78 Step forward onto right, pivot $\frac{1}{2}$ left
79&80 Shuffle forward right, left, right

REPEAT