

# La Conga Blicoti

拍數: 80      牆數: 2      級數: Improver  
編舞者: Rita Macinskiene (LIT) - January 2016  
音樂: 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 ½ turn left:**

7-8 Cross R over L (7), unwind ½ turn left (ending with weight on R) (8) (12:00)

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