

Conga EZ

拍數: 32 牆數: 1 級數: Beginner
編舞者: Evi Pravita (INA) - August 2020
音樂: Conga - Gloria Estefan : (2:26)



Intro : 48 Count - No tag, No Ristart

Section 1: Pressy Walks R, L, R, L, Side, Together, Side, Hitch

- 1 - 4 Walk R fwd and slightly in front of L, Walk L fwd and Slightly in front of R, (Repeat)
- 5 - 8 Turn 1/8 to left to face 10.30 step R to R side, Step ball of L together, Step R to R side, turn 1/4 to R to face 1.30 Hitching L

Section 2: Side, Together, Side, Hitch, Step back R, L, R, L with Shoulder Shimmy

- 1 - 4 Step L to L side, Step ball of R together, Step L to L side, 1/8 Turn L to face 12.00 Hitching R
- 5 - 8 Step Backward R, L, R, L with Shoulder Shimmy

Section 3: Side Mambo R & L, Mambo Step B & F

- 1 & 2 Step R to R side, recover on L, step R next to L
- 3 & 4 Step L to L side, Recover on R, step L next to R
- 5 & 6 Step R Back , recover on L, Step R next to L
- 7 & 8 Step L Fwd, R recover on R, Step L next to R

Section 4: Cross Behind R & L, Back Mambo, Toe Strut Back Diagonal (with body roll

- 1 & 2 Cross R behind L, Recover on L, step R side
- 3 & 4 Cross L behind R, Recover on R, Step L side
- 5 & 6 Step R Back, Recover on L, Step R next to L
- 7 - 8 Touch L Toe Diagonal back 1.30 (option body roll back), drop L heel as you sit bending both knees

Thank you
