

# Dance The Conga

拍數: 32                      牆數: 4                      級數: Beginner  
編舞者: Helen Parkyn (UK) - November 2023  
音樂: Dance the Conga - Dave Sheriff



**\*\* Helen Parkyn (HRDW) UKLDA Grassroots instructor finalist 2022**

Line Dance (or conga style with slight change)

Intro: 32 counts

## **2 PRISSY WALKS RIGHT, LEFT, RIGHT SHUFFLE FORWARD, 2 PRISSY WALKS LEFT, RIGHT, LEFT SHUFFLE FORWARD ... (or plain walks if preferred)**

- 1 2 3&4 – cross walk forward right, left (or plain steps), right forward shuffle (step forward, close left, step forward right)  
5 6 7&8 – cross walk forward left, right (or plain steps), left forward shuffle (step forward left, close right, step forward left)

## **CROSS ROCK RIGHT OVER LEFT, RECOVER, RIGHT SIDE SHUFFLE, CROSS ROCK LEFT OVER RIGHT, RECOVER, LEFT SIDE SHUFFLE**

- 1 2 3&4 – cross rock right over left, recover back onto left, right side shuffle (step right to side, close left, step right to side)  
5 6 7&8 – cross rock left over right, recover back onto right, left side shuffle (step left to side, close right, step left to side)

## **ROCK FORWARD RIGHT, RECOVER, SHUFFLE BACK RIGHT, ROCK BACK LEFT, RECOVER, SHUFFLE FORWARD LEFT**

- 1 2 3&4 – rock forward on right, recover back onto left, shuffle back right (step back right, close left, step back right)  
5 6 7&8 – rock back left, recover forward onto right, shuffle forward left (step forward left, close right, step forward left)

## **STEP FORWARD RIGHT, PIVOT 1/2 TURN LEFT(6.00), RIGHT SHUFFLE FORWARD, STEP FORWARD LEFT, PIVOT 1/4 TURN RIGHT (9.00), SHUFFLE FORWARD LEFT**

**\*\*\*\* (OR PIVOT 1/2 TURN RIGHT IF DOING AS CONGA BEHIND EACH OTHER, TO FACE LINE OF DANCE AROUND THE OUTSIDE OF DANCEFLOOR) \*\*\*\***

- 1 2 3&4 – step forward right, pivot 1/2 turn left (6.00), right shuffle forward (step forward right, close left, step forward right)  
5 6 7&8 – step forward left, pivot 1/4 turn right (9.00), left shuffle forward (step forward left, close right, step forward left)

**\*\*\*\* (or if doing as conga round the outside of dancefloor, make the last turn 1/2 turn right to be back facing LOD) \*\*\***

**START AGAIN AND HAVE FUN**