

Nada Lotta Conga (P)

拍數: 64 牆數: 0 級數: Partner
編舞者: Joyce Warren (USA)
音樂: Little Bit Is Better Than Nada - Texas Tornados



Position: Begin in Conga style, man behind the lady, both hands at lady's hips

CONGA STEPS FORWARD

1-4 Both step forward left, right, left, touch right toe side right
5-8 Both step forward right, left, right, touch left toe side left

1-4 Both step forward left, right, left, touch right toe side right
5-7 Both step forward right, left, right
8 **MAN:** Touch left next to right
 LADY: Step on left next to right

TWO SHIMMIES

17-20 **MAN:** Step side left, slowly bring right foot to step next to right (join man's right hand to lady's left)
 LADY: Step side right, slowly bring left foot to step next to left
21-24 **MAN:** Step side left, slowly bring right foot to touch next to right
 LADY: Step side right, slowly bring left foot to touch next to left

REVERSE SLIDING DOORS

25-28 **MAN:** Moves in front of lady on right, left, right, touch left next to right (release lady's left hand, join man's left to lady's right)
 LADY: Moves behind man on left, right, left, touch right next to left
29-32 **MAN:** Moves behind lady on left, right, left, touch right next to left (release lady's right hand, join man's right to lady's left)
 LADY: Moves in front of man on right, left, right, touch left next to right

PROMENADE CONGA STEPS FORWARD, ¼ TURN

33-36 **MAN:** Step forward on right, left, right, touch left toe side left
 LADY: Step forward on left, right, left, touch right toe side right
37-40 **MAN:** Step forward on left, right, left, touch right toe side right
 LADY: Step forward on right, left, right, touch left toe side left
41-44 **MAN:** Step forward on right, left, right, touch left toe side left
 LADY: Step forward on left, right, left, touch right toe side right
45-48 **MAN:** Step forward on left, right, left, pivot turn ¼ right (toward partner) step on right
 LADY: Step forward on right, left, right, pivot turn ¼ left (toward partner) step on left (now facing in double hand hold)

8 COUNT VINE, ¼ TURN, KICK

49-52 **MAN:** Step side left, behind on right, side left, across on right
 LADY: Step side right, behind on left, side right, across on left
53-56 **MAN:** Step side left, behind on right, side left, turn ¼ right kick left heel forward
 LADY: Step side right, behind on left, side right, turn ¼ left kick right heel forward (facing reverse LOD, man's left hand to lady's right)

½ TURN WINDING WALK, SHIMMY

57-60 **MAN:** Steps right, left, right, touch left, turning ½ left under his left arm to face forward LOD

61-64 **LADY:** Steps left, right, left, touch right, moving around man, raising her right arm to allow him to pass under, to face forward LOD (lady on inside, man on outside)
MAN: Steps side left, slowly sliding right foot to step next to left
LADY: Steps side right, slowly sliding left foot to touch next to right (both have weight on right) (Back in conga style)

REPEAT

When dance is done to "Little Bit Is Better Than Nada" a 12-count break is inserted after each 2 sequences:

1-4 Step forward on left, rock back on right, step on left next to right, hold
5-8 Step forward on right, rock back on left, step on right next to left, hold
9-12 Step forward on left, rock back on right, touch left next to right, hold
