

Cuban Conga

拍數: 0 牆數: 1 級數: Improver contra dance
編舞者: Rob Fowler (ES)
音樂: Cuban Pete - Glenn Rogers



Sequence: ABAC ABAC ABAC

PART A

ROCK, RECOVER, SIDE SHUFFLE TWICE

1-2 Rock left over right, recover (clap left hand with person opposite)
3&4 Left to the left, right next to left, left to left
5-6 Rock right over left, recover, (clap right hand with person opposite)
7&8 Step right to the right, left next to right, step right to right

STEP PIVOT ½ TURN, LEFT SHUFFLE FORWARD &, ROCK AND LEFT COASTER STEP

1-2 Step forward left, make ½ turn right, weight forward onto right
3&4 Step left forward, step right next to left, step left forward
&5-6 Step right next to left, step forward left, rock back onto right
7&8 Step left back, step right next to left, step left forward

PART B

ROCK, RECOVER, SIDE SHUFFLE TWICE

1-2 Rock right over left, recover (clap right hand with person opposite)
3&4 Step right to the right, left next to right, step right to the right
5-6 Rock left over right, recover, (clap left hand with person opposite)
7&8 Step left to the left, right next to left, step left to left

STEP PIVOT ½ TURN, RIGHT SHUFFLE FORWARD &, ROCK AND RIGHT COASTER STEP

1-2 Step forward right, make ½ turn left, weight forward onto left
3&4 Step right forward, step left next to right, step right forward
&5-6 Step left next to right, step forward right, rock back onto left
7&8 Step right back, step left next to right, step right forward

SIDE ROCK, CROSS SHUFFLES TWICE

1-2 Rock left to left side, recover on right
3&4 Cross left over right, step right to right side and cross left across right
5-6 Rock right to right side, recover weight onto left
7&8 Cross right over left, step left to left side, and cross right over left

ROCK STEP ½ TURNING SHUFFLE, ROCK AND COASTER

1-2 Rock forward onto left, recover weight onto right
3&4 Step left ¼ turn to left, step right next to left, step left ¼ turn to left
5-6 Rock forward onto right, recover weight onto left
7&8 Step back on right, step left next to right step forward on right

SIDE ROCK, CROSS SHUFFLES TWICE

1-2 Rock left to left side, recover on right
3&4 Cross left over right, step right to right side and cross left across right
5-6 Rock right to right side, recover weight onto left
7&8 Cross right over left, step left to left side, and cross right over left

ROCK STEP ½ TURNING SHUFFLE, ROCK AND COASTER

- 1-2 Rock forward onto left, recover weight onto right
- 3&4 Step left ¼ turn to left, step right next to left, step left ¼ turn to left
- 5-6 Rock forward onto right, recover weight onto left
- 7&8 Step back on right, step left next to right step forward on right

PART C

"Like the birdie dance" walk round in a circle holding the hand of the person opposite

WALKING TO THE RIGHT

- 1-4 Walk right, left right, kick left to left side
- 5-8 Walk left, right, left, kick right to right side
- 9-12 Walk right, left right, kick left to left side
- 13-16 Left shuffle forward, ½ turn shuffle right

WALK TO THE LEFT

- 1-4 Walk left, right, left, kick right to right side
 - 5-8 Walk right, left right, kick left to left side
 - 9-12 Walk left, right, left, kick right to right side
 - 13-16 Right shuffle forward, left shuffle back (turning into center to face partner - ready to start again)
-