

Crazy Conga

COPPER KNOB
BY STEPHEN METZ

拍數: 40 牆數: 0 級數:
編舞者: Forty Arroyo (USA)
音樂: Anything With A Conga Beat



For the Order Sons Of Italy In America Salvatore Minichini Lodge #2706
Circle dance. Dancers place hands on the hips of dancer in front of them. Thus a conga line

ROCK & FORWARD AND BACK RIGHT-LEFT-RIGHT, LEFT-RIGHT-LEFT, RIGHT-LEFT-RIGHT, LEFT-RIGHT-LEFT

1&2 Rock forward onto right foot, rock back onto left foot, rock forward onto right foot
3&4 Rock forward onto left foot, rock back onto right foot, rock forward onto left foot
5&6 Repeat 1&2
7&8 Repeat 3&4

SHUFFLE, STOMP, KICK, SHUFFLE, STOMP, KICK

1&2 Shuffle forward right-left-right
3-4 Stomp left foot, kick right foot out to side, turning head to right
5&6 Repeat 1&2
7-8 Repeat 3, 4

Just for fun, yell out a BIG "UH" when kicking

PIVOT ¼ LEFT, PIVOT ¼ LEFT, WALK, WALK, WALK, KICK

1-4 Step forward onto right foot, pivot ¼ turn to left, repeat for 3, 4 (release hands)
5-8 Walk forward right, left, right, kick left foot to side - turning head left (replace hand on hips)
9-12 Walk forward left, right, left, kick right foot to side - turning head right
13-16 Walk forward right, left, right, kick left foot to side - turning head left

Just for fun, yell out a BIG "UH" when kicking

WALK, WALK, WALK, KICK, STAMP, STOMP, HIP ROLLS

1-4 Walk forward left, right, left, kick right foot to side - turning head right
5-8 Stamp right foot next to left foot, stomp right foot next to left foot, roll hips counter to the right for two counts

REPEAT
