

Congo On

拍數: 80 牆數: 2 級數: Intermediate
編舞者: Jenny Frey (AUS)
音樂: Go Away - Gloria Estefan



- 1-2 Jump back onto left (kicking right forward slightly), rock onto right
3&4 Shuffle slightly forward left, right, left
5-6 Jump back onto right (kicking left forward slightly), rock onto left
7&8 Shuffle slightly forward right, left, right
- 9-16 Repeat steps 1-8
- 17-18 Rock back onto left (kicking right forward), rock onto right
19&20 While turning ½ right shuffle back left, right, left
21-22 Rock back right (kicking left forward), rock onto left
23&24 While turning ½ left shuffle back right, left, right
- 25-32 Repeat 17-24
- 33-36 Bump hips left twice, bump hips right twice
37-40 Bump hips left twice, bump hips right twice
- 41-42 Step back on left behind right, point right toe to right side
43-44 Step back on right behind left, point left toe to left side
45-46 Step back on left behind right, point right toe to right side
47-48 Step back on right behind left, point left toe to left side
- For a bit quicker feel, make steps 41-48 into sailor steps traveling back slightly**
- 49&50 Sailor step left, right, left turning ¼ right
51&52 Sailor step right, left, right
53&54 Sailor step left, right, left turning ¼ right
55&56 Sailor step right, left, right
- 57-58 Rock forward onto left, rock back onto right
59&60 Triple step left, right, left while turning ¾ left
61-62 Rock forward onto right, rock back onto left
63&64 Triple step right, left, right while turning ¾ right
- 65-66 Step forward onto left, lock right behind left
67&68 Shuffle forward left, right, left
69-70 Step forward onto right, pivot ½ left
71&72 Shuffle forward right, left, right
- 73-74 Step forward onto left, lock right behind left
75&76 Shuffle forward left, right, left
77&78 Step forward onto right, pivot ½ left
79&80 Shuffle forward right, left, right

REPEAT