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