

Conga Rhythm

32 count, 4 wall, intermediate level
Choreographer: Roy Verdonk & Nataline Laner
(NL) April 2002
Choreographed to: Conga by Gloria Estefan

1-8 Walk R,L,R,L. Right rock with Cuban Hip Roll. Behind Side $\frac{1}{4}$ step forward

- 1-4 (1) Walk forward with Right, (2) Left, (3) Right, (4) Left [Raise arms up from the sides to shoulder level over the first 4 counts]
5-6 (5) Step right to right side (6) recover onto left. Roll hips around clockwise over these two counts.
7&8 (7) Step Right behind left, (&) step left to the side whilst turning $\frac{1}{4}$ left (8) step forward on right.

9-16 Walk L, R, L (Shimmys) Hitch Right, Step, $\frac{1}{4}$ Turn, Hip roll

- 9-11 (9) Walk forward Left (10) Right (11) Left [Shake shoulders and boobies whilst walking forward]
12 Hitch right knee up
13-14 Step back on right turning $\frac{1}{4}$ to the left, (14) Step left to left side.
15-16 Roll hips for 2 counts anti-clockwise [Weight ending on left]

17-24 Mambo Crosses, Cross steps 3 times, $\frac{1}{2}$ turn

- 17&18 (17) Step right over left (&) Step left in place (18) Step right to right side, feet should be shoulder width apart
&19&20& (&) Step left in place (19) Step right over left (&) step left foot in place (20) step right to right side shoulder width apart (&) step weight onto left foot.
21&22& Cross right over left (&) step left slightly to left side (22) Cross right over left (&) step left slightly to left side
23-24 Cross right over left (24) unwind $\frac{1}{2}$ turn over the left shoulder.

25-32 Cross, Step, Step x3, Sailor Step turn $\frac{1}{4}$

- 25&26 Cross right over left (&) step left together with right (26) step right in place. Ending with body angled 45 degrees to the right side
27&28 Cross left over right (&) step right together with left (28) step left in place. Ending with body angled 45 degrees to the left side
29-30 Cross right over left (&) step left together with right (30) step right in place. Ending with body angled 45 degrees to the right side ending with weight on right foot.
31&32 Step left foot behind right, angle body back to home wall (&) Cross right over left (32) turn a $\frac{1}{4}$ to the left stepping forward on left.
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