

Tongoneo

Compte: 24

Mur: 4

Niveau: Improver

Chorégraphe: Unknown

Musique: El Tongoneo - Mestizzo



TOE POINTS FORWARD-ARMS EXTENDED OUT

- 1-2 Touch right toe forward & return back next to left extend right arm to right side shoulder high-
left arm extended forward chest high with palms flat as if pushing against wall
- 3-4 Touch left toe forward & return back next to right extend left arm to left side shoulder high-
right arm extended forward chest high with palms flat as if pushing against wall
- 5-8 Repeat above steps 1-4

TOE POINTS SIDE-ARMS EXTENDED DOWN

- 1-2 Touch right toe to right side & return back next to left. Extend arms straight down in front of
body palms stacked left over right and facing the floor
- 3-4 Touch left toe to left side & return back next to right. Extend arms straight down in front of
body palms stack right over left and facing the floor
- 5-8 Repeat above counts 1-4

HIP ROLL $\frac{3}{4}$ TURN WITH FORWARD HOPS

- 1-2 Twirl both forearms around each other above head-rotate hips full turn to the left while turning
 $\frac{1}{4}$ turn to the left (stepping right, left)
- 3-4 Repeat 1-2
- 5-6 Repeat 1-2
- 7-8 Place right hand on back of right hip-left hand on back of left hip and hop forward two times

REPEAT
