

# M&M Pantropiko (Hip Hop Rhythm)(Chair Dance)

**COPPER**KNOB  
STEPSHEETS

拍数: 0                      墙数: 1                      级数: Phrased Chair dance  
编舞者: V. Allen L. Isidro (USA) - August 2024  
音乐: Pantropiko - BINI



**Note: Music & Motion series 2024-2025 season**

(1-wall phrased) AAAABBBBCCCCDDDD, AAAABBCCCCDDDD, AAAABBCCCCDD

**Set A Heel, together, heel, together, both heels out-in, both heels out-in**

1-2-3-4                      Forward R heel – together R – forward L heel – together L

5-6-7-8                      Both R & L heels out – in, both R & L heels out – in

**Repeat 4x**

**Set B Side, together, side, together, both toes out-in, both toes out -in**

1-2-3-4                      Side R – together R – side L – together L

5-6-7-8                      Both R & L toes out – in, both R & L toes out – in

**Repeat 4x**

**Set C Heel, together, heel, together, both heels out-in, both heels out-in**

**(simultaneous with elbows)**

1-2-3-4                      Forward R heel - together R – forward L heel - together L with corresponding R & L  
elbows pushing forward up- recover down

5-6-7-8                      Both R & L heels out – in with both elbows up-down on sides 2x

**Repeat 4x**

**Set D Side, together, side, together, both toes out-in, both toes out -in**

**(simultaneous pointing to sides)**

1-2-3-4                      Point & side R – together R – point & side L – together L

5-6-7-8                      Both R & L toes out – in, both R & L toes out – in

**Repeat 4x**

**START ALL OVER**

**V. ALLEN L. ISIDRO**

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