

# Tongoneo

拍数: 16      墙数: 4      级数: Improver  
编舞者: Unknown  
音乐: El Tongoneo - Mestizzo



(Feet start out shoulder width apart)

## ARM AND HIP MOVEMENTS

- 1      Arms: left forearm in front, parallel to chest, flat palm facing out to right; right arm extended to right with hand at ribcage height, flat palm facing out to right.  
      Hips: bump once to right.
- 2      Arms: left arm extended to the left with hand at ribcage height, flat palm facing out to left; right forearm in front, parallel to chest, flat palm facing out to left.  
      Hips: bump once to left.
- 3      Arms: left arm extended to front, flat palm facing forward; right arm extended to right with hand at ribcage height, flat palm facing out to right.  
      Hips: bump to right.
- 4      Arms: hold.  
      Hips: bump to right.
- 5      Arms: left arm extended to the left with hand at ribcage height, flat palm facing out to left; right forearm in front, parallel to chest, flat palm facing out to left.  
      Hips: bump once to left.
- 6      Arms: arms slightly bent with flat palms parallel to floor, thumbs at crotch level.  
      Hips: pelvis forward.  
      Feet: spread slightly more apart
- 7      Arms: left arm hold; right arm extend out to right with arm parallel to floor, flat palm facing out to right.
- 8      Arms: left arm extend out to left with arm parallel to floor, flat palm facing out to left; right arm hold.

## STEP AND ¼ TURN TO THE LEFT 3 TIMES, TWO HOPS FORWARD

- 9-10      Arms: twirl both forearms around each other above head.  
      Feet: right foot step forward, ¼ turn to left
- 11-12      Arms: twirl both forearms around each other above head.  
      Feet: right foot step forward, ¼ turn to left.
- 13-14      Arms: twirl both forearms around each other above head.  
      Feet: right foot step forward, ¼ turn to left.
- 15-16      Arms: each hand on back of each respective hip.  
      Feet: hop forward twice.

**REPEAT**

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