

# Tongoneo

拍数: 24      墙数: 4      级数: Improver  
编舞者: Unknown  
音乐: El Tongoneo - Mestizzo



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## 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**

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