

Tongoneo

拍數: 80 牆數: 1 級數:
編舞者: Rene Quiroz (MEX)
音樂: El Tongoneo - Mestizzo



The verse part of the dance is in the form of a cross. You go forward and back, right and back, back and forward and left and back. On the VERY FIRST verse pattern ONLY, you will start with the first music down beat and you will only do a cross and a half, 1 to 64 and 1-32.

VERSE PATTERN:

- 1-4 Walk forward left, right, left, close right.
5-8 Left heel forward, left toe touch at instep, left heel forward, close left.
- 9-12 Walk back right-left-right, close left.
13-16 Right heel forward, right toe touch to instep, left heel forward, touch right
- There is a slight twisting motion as you travel right, 17-20**
17 Turning slightly to right, step right on right foot.
18 Straightening out to front close left foot to right foot..
19-20 Repeat 17-18.
21-24 Right heel forward, right toe touch to instep, right heel forward, close right.
- There is a slight twisting motion as you travel left, 25-28**
25 Turning slightly to left, step left of left foot.
26 Straightening out to front, close right foot to left foot.
27-28 Repeat 25-26.
29-32 Left heel forward, left toe touch to instep, left heel forward, close.
- 33-36 Walk back right, left, right, close left.
37-40 Right heel forward, right toe to instep, right heel forward, close right.
41-44 Walk forward left, right, left, close right.
45-48 Left heel forward, left toe to instep, left heel forward, close left.
- 49-56 Repeat 25-32 (to left)
57-64 Repeat 17-24 (to right)

CHORUS:

- 65-66 Stepping out to right side with right foot, right arm in front, open hand, palm down, fingers pointing directly to left side. Hold.
67-68 Left arm in front, open hand, palm down, fingers pointing directly to right. Left hand will be over right hand. Hold.
69-70 Extend right arm to right side with open hand, fingers pointing up (like "stop" signal). Head turns to right. Hold.
71-72 Extend left arm to left side with open hand, fingers pointing up. Head turns to left.

THE TONGONEO (TURNING OF THE HIPS)

- 73-74 Pivoting on ball of left foot $\frac{1}{4}$ to left, swing hips out on right foot. Rotate hips forward and to left till you are over left foot. Hips are circling to the left. Both arms are overhead, rotating in a circle to the left with your hips. Hands are in fists.
75-80 Repeat 57-58 three more times till you are back to front again.

REPEAT

Music repetitions and dance patterns:

- 1 64 count verse pattern

- 2 First 32 counts of dance pattern
 - 3 Chorus pattern repeated 3 times
 - 4 64 count verse pattern
 - 5 Chorus pattern repeated 3 times
 - 6 64 count verse pattern
 - 7 Chorus pattern repeated till end (6 times, then left more as music fades)
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