

Tongoneo

拍數: 16 牆數: 4 級數: Improver
編舞者: Unknown
音樂: 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
