Tongoneo



編舞者: Unknown

音樂: El Tongoneo - Mestizzo



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 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

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