

# TONGONEO

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**Count:** 16

**Wall:** 4

**Level:** beginner/intermediate

**Choreographer:** Unknown

**Music:** El Tongoneo by 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  $\frac{1}{4}$  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,  $\frac{1}{4}$  turn to left**

**11-12** Arms: twirl both forearms around each other above head.

**Feet: right foot step forward,  $\frac{1}{4}$  turn to left.**

**13-14** Arms: twirl both forearms around each other above head.

**Feet: right foot step forward,  $\frac{1}{4}$  turn to left.**

**15-16** Arms: each hand on back of each respective hip.

**Feet: hop forward twice.**

**REPEAT**