

TONGONEO

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Count: 24

Wall: 4

Level: beginner/intermediate

Choreographer: Unknown

Music: El Tongoneo by 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 $\frac{3}{4}$ 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