

JANUARY 2024 | FITNESS | MERENGUE

BAILAR | DEORRO

6X8 INTRO

8X8 1) BASIC SWING FWD ≠ FWD LUNGE

2X8 TURNING

8X8 2) BASIC SWING BACK ≠ BACK LUNGE

2X8 TURNING

8X8 3) CUBAN BREAKS FWD ≠ ON-THE-SPOT

2X8 TURNING

4X8 4) CUBAN BREAKS BACK ≠ ON-THE-SPOT

