

# LA MANZANITA

## Quebradita Step

- 8 Simple step side to side.
- Right foot in front jumping then go back and repeat.
- Turn around in two steps to the right.
- Repeat with the left foot.

## March step

- Walking in front with double step 4 times
- Go back with the same step and times, repeat.
- Walk with single step 4 times.
- Go down like and act like if you sat and up.



# LA MANZANITA

## Single Turn Cumbia Step

- Right foot go in front, then go back, and turn in two step.
- Same step with left foot

- Quebradita step with the turn in 4 times.



# LA MANZANITA

## Little Jumping

- Little jumping with the hands up and down in four times.
- Quebradita step
- March step
- Quebradita step in 4 times
- March step

# THE TAO TAO

## STAR STEP

- First position; Left arm in the waist, right arm to the side and the foots in the floor.
- Start
- Next right arm opposite
- Move the right arm to the right side.
- Cross the right foot in front your left foot at the same time your right arm like if you wearing a hat.
- Turn around left.



# THE TAO TAO

## Cumbia Walking Step

- Two steps in front starting with your right foot
- Two steps in front with your left foot.
- Two steps back with your right foot
- Two steps back with you left foot.



## Principal Step

- The hands in your waist
- Right foot will go to the left and right like you're kicking a soccer ball
- Turn around to the left in two steps
- Move your hips around three times.
- Repeat.
- Up twice and prepare for the Cumbia step



# THE TAO TAO

## Cumbia step

- Your right foot go back with your hips then go front to the original place
- Your left foot go back with your hips then go front to the original place
- Repeat 4 times
- Shake your arms in front your waist walking slowly 4 times
- Move your hips around 4 times
- Go back shaking your arms in 4 times
- Move your hips around 4 times

- Repeat the start step
- Cumbia walking step
- Principal step
- Cumbia step



# THE TAO TAO

## Side cumbia step

- Turn around to the left in four times starting with your right foot.
  - Turn around to the right in four times starting with your left foot.
- Cumbia walking step
  - Principal step
  - Cumbia step
  - Side cumbia step

## Shake step

- Shake your breast
- Shake your hips
- Turn around and shake all your body
- Cumbia walking step.

