

## Bailando - Enrique Iglesias ft. Gente de Zona

| TC   | Song Part | Choreography   | Reps |
|------|-----------|--|------|
| 0:00 | Intro     | Slow salsa side to side  |      |
| 0:26 | A         | 4 steps out then 4 steps backwards - switch direction  |      |
| 0:47 | B         | Dance arms out - body turns from side to side<br>Squat down low using core with winding movement                     | 2x   |
| 1:08 | C         | 4 steps to the right with 2 arms pumps each step-<br>Turn in circle with hip rotation and switch direction to repeat |      |
| 1:29 | D         | 4 arms pulls out into 4 arms overhead  | 2x   |
| 1:50 | E         | Wave side to side working core and abs   |      |
| 2:01 | A         | 4 steps out then 4 steps backwards - switch direction  |      |
| 2:23 | B         | Dance arms out - body turns from side to side<br>Squat down low using core with winding movement                     | 2x   |
| 2:43 | C         | 4 steps to the right with 2 arms pumps each step-<br>Turn in circle with hip rotation and switch direction to repeat |      |
| 3:04 | D         | 4 arms pulls out into 4 arms overhead  | 2x   |
| 3:25 | E         | Wave side to side into arms down to each side working core and abs   |      |
| 3:46 | Outro     | Dance arms out - body turns from side to side  |      |