

## Body Talk - Kes ft. Chris Hierro

TC	Song Part	Choreography	Reps
0:00	Intro	Small hops side to side with arms side to side	
0:07	A	2 sways forward with 2 arm pulls into 2 sways back with 2 arm pulls 2 sways forward with 2 arm pulls into merengue steps backward into circle hips	
0:22	B	salsa side to side 4x into side step out with straight arm out 4x	2x
0:37	A	2 sways forward with 2 arm pulls into 2 sways back with 2 arm pulls 2 sways forward with 2 arm pulls into merengue steps backward into circle hips	
0:51	C	Samba with flowy arms - circle around to 3/4 turn	
1:06	D	Step hop forwards while arms go out - in- out - up- switch direction Do the same move on the other side	
1:21	A	2 sways forward with 2 arm pulls into 2 sways back with 2 arm pulls 2 sways forward with 2 arm pulls into merengue steps backward into circle hips	
1:36	B	salsa side to side 4x into side step out with straight arm out 4x	
1:51	A	2 sways forward with 2 arm pulls into 2 sways back with 2 arm pulls 2 sways forward with 2 arm pulls into merengue steps backward into circle hips	
2:05	C	Samba with flowy arms - circle around to 3/4 turn	
2:20	D	Step hop forwards while arms go out - in- out - up- switch direction Do the same move on the other side	
2:35	E	Hip sway to right and left 4x times each direction with slow arm rolls	
2:42	E-2	Body waves to right and left 4x each direction with arms overhead	
2:49	E	Hip sway to right and left 4x times each direction with slow arm rolls	
2:57	E-2	Body waves to right and left 4x each direction with arms overhead	
3:04	A	2 sways forward with 2 arm pulls into 2 sways back with 2 arm pulls 2 sways forward with 2 arm pulls into merengue steps backward into circle hips	
3:20	C	Samba with flowy arms - circle around to 3/4 turn	
3:34	D	Step hop forwards while arms go out - in- out - up- switch direction Do the same move on the other side	
3:49	Outro	2 steps to each side with hips and arms moving Flow dance movements into a low squat until the end	