

## Dale Hasta Abajo - Joey Montana

TC	Song Part	Choreography	Reps
0:00	Intro	Sway side to side	
0:10	A	2 hops with arms out and squat in center, increase intensity on 2nd set and lower squat	
0:30	B	2 step front kick and side step once (lead with leg in direction you will go)	
0:40	C	Quick 2 steps to left, arm pumps as you switch to the other side and repeat	
0:50	D	Hip circles and pivot around to side, hands on head, hands on hips, pumps arms with hips and switch direction	
1:18	E	Hip sway with arms to each side and knee up	
1:27	A	2 hops with arms out and squat in center, increase intensity on 2nd set and lower squat	
1:47	B	2 step front kick and side step once (lead with leg in direction you will go)	
1:57	F	4 step front kick and switch sides, high knees in center into fast feet Transition to pulling up elbow to each side for abs End with fast feet	
2:27	D	Hip circles and pivot around to side, hands on head, hands on hips, pumps arms with hips and switch direction	
2:47	G	Step to steo each side with flowy arms	
2:56	A	2 hops with arms out and squat in center, increase intensity on 2nd set and lower squat	
3:16	B	2 step front kick and side step once (lead with leg in direction you will go)	
3:26	Outro	Dance to the beat :)	