

Las Mummies - ZIN 53

TC	Song Part	Choreography	Reps
0:00	A	Lasso Jam – Straight Arms	
0:17	B	3 Belly Dance Abs – Merengue steps to other side	4x
0:28	C	Lean forward 2x – Circle arms up 2x	4x
0:40	A	Lasso Jam – Straight Arms	
0:51	B	3 Belly Dance Abs – Merengue steps to other side	4x
1:02	C	Lean forward 2x – Circle arms up 2x	4x
1:13	D	Step forward with hip wave – Merengue steps to other side – Step forward with hip wave (repeat but use hand in the air)	2x
1:24	E	Fun Infiniti hop from side to side	
1:35	F	Arms up 4x forward– Arms to side 4x backwards	4x
1:46	E	Fun Infiniti hop from side to side	
1:57	F	Arms up 4x forward– Arms to side 4x backwards	4x
2:09	C	Lean forward 2x – Circle arms up 2x	4x
2:20	D	Step forward with hip wave – Merengue steps to other side – Step forward with hip wave (repeat but use hand in the air)	2x
2:31	E	Fun Infiniti hop from side to side	
2:42	F	Arms up 4x forward– Arms to side 4x backwards	4x
2:53	E	Fun Infiniti hop from side to side	
3:05	F	Arms up 4x forward– Arms to side 4x backwards	4x
3:15	G	Hands in air 2x – small hop – 3 steps to each side	
3:44	E	Fun Infiniti hop from side to side	
3:52	F	Arms up 4x forward– Arms to side 4x backwards	4x
4:04	E	Fun Infiniti hop from side to side	