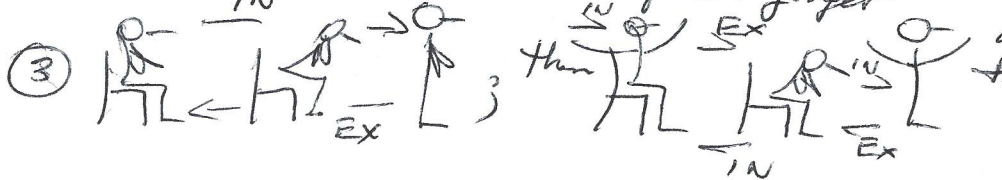
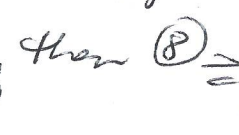
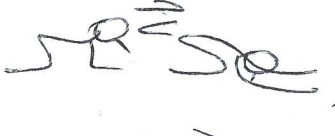
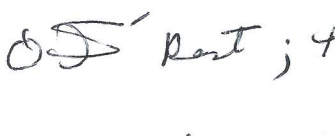
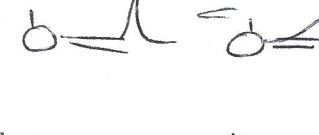
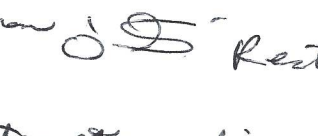
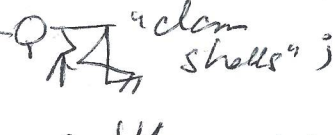
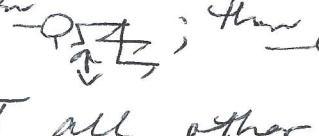
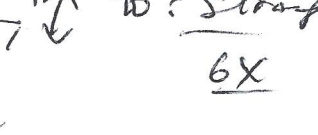
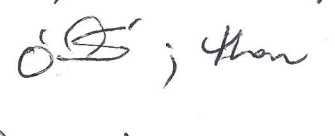
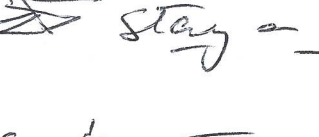
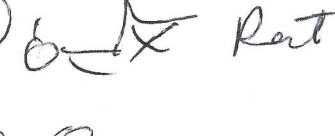
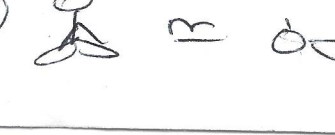
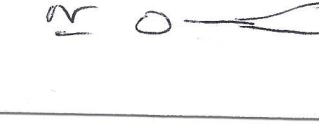


- ① Finger yoga
tip of thumb IN ↑ tip of ea finger; EX ↓ base of ea finger
chest AUM
- ② *contralateral
- ③  a few times
- ④  then walk around room *contralateral
- ⑤ Mirror w/partner: one copies mov. of other; then reverse
; then Hand jive (don't copy others) new sequence w/music
- ⑥ Dance * cardio; coordination; new; unusual; attn; ± spreads
Bachata basic; fwd + back; box;
Salsa: basic fwd; to side; back; lead basic;
; then *contralateral basic to side w/app arm to side
Merengue: spatial awareness, for everywhere in room, improvise!
- ⑦  then ; then  other than stay; side; stay
- ⑧ ; then  *contralateral; then other side;  then rest
- ⑩  *contralateral alt. sides
- ⑪  Rest; then  a few times; then  Rest
- ⑫  "clam shells"; then ; then  to: strengthen hips 6X
; then repeat all other side
- ⑬ ; then  stay a few br.;  Rest
- ⑭  Rest ≈  Rest
- ⑮  ≈  Finger yoga w/AUM