
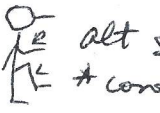


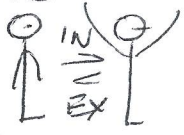





①  alt sides
 + contralateral; then "bounce"
 Swing arms smoothly **(New)**


② Dance steps:
 1- Bachata: basic; fwd+back; square
 2- Merengue: in place and walking around changing directions
(New) 3- Cumbia: basic


③  alt sides; optional both arms @ same time
 relax shoulders, reach up slide hand on wall

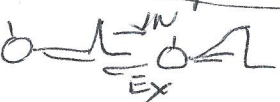
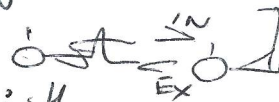


④ *Pattern
 1st  ; 2nd  ; 3rd other side
 Repeat all, beginning (on 2nd) w/ other side



⑤  6X; then repeat all other side
 To: relax neck + shoulders; improve balance
 - alternate the arm that you cross

⑥  6X; keep IN = EX
 Keep shoulders relaxed

⑦  Prānāyāma, comfortable breath IN = EX a few breaths
 Relax shoulders + face, smile (keep your own rhythm)
 optional: Add finger nyāsa

⑧  Meditation
 call to mind a word or phrase that gives you comfort. Mentally repeat it on IN + on EX
 - Smile softly
 - Optional finger nyāsa
 a few minutes

⑨  6X
 ⑩  4X ea side
 ; then stay  or  + circle ankle move foot

⑪  Rest or  X
 - optional meditate as in #8
 - finger nyāsa optional ; then rest 4