

Merengue

INTRODUCTORY BASICS

Arm Slide (some call Separation)

Basic

Conga Walks

Cross Lunge

Glide

Promenade

Promenade Swivels

Slide

Slow Swivel

Stair

ARM SLIDE {SSSS; SSSS;}

M: Bk L, Bk R, Bk L, Bk R; Fwd L, Fwd R, Fwd L, Fwd R; W: Bk R, Bk L, Bk R, Bk L; Fwd R, Fwd L, Fwd R, Fwd L;

Note: Man's hands to side and lower portion of woman's upper arm at beginning of figure. Woman's hands on man's upper arms at beginning of figure. Small steps apart to loose, low hand hold position. Together to designated position.

BASIC {SSSS;}

M: Sd L, Cl R, Sd L, Cl R; W: Sd R, Cl L, Sd R, Cl L; Note: Starts and ends in closed position

CONGA WALKS

Forward & Back {SSS-;SSS-;}

M: Fwd L, Fwd R, Fwd L, flex L knee tap R back lean upper body forward; Bk R, Bk L, Bk R, flex R knee tap L forward lean upper body backward

W: Bk R, Bk L, Bk R, flex R knee tap L forward lean upper body backward; Fwd L, Fwd R, Fwd L, flex L knee tap R back lean upper body forward

Side {SSS-; SSS-;}

M: Sd L, XRIF, Sd L slight upper body turn R, flex L knee tap R toe to the side lean upper body L and slightly back;; Sd R, XLIF, Sd R slight upper body turn L, flex R knee tap L toe to the side lean upper body R and slightly back;

W: (CP) Sd R, XLIF, Sd R slight upper body turn L, flex R knee tap L toe to the side lean upper body R and slightly back;; Sd L, XRIF, Sd L slight upper body turn R, flex L knee tap R toe to the side lean upper body L and slightly back;

Note: Danced in facing position with or without hand hold.

CROSS LUNGE

M: Crossing free foot in front bending knee and checking motion

GLIDE {QQQQSS;}

M: Sd L/Cl R, Sd L/Cl R, Sd L, Cl R; W: Sd R/Cl L, Sd R/Cl L, Sd R, Cl L;

Note: Starts & ends in closed position. In first four steps, high on toes due to its speed with less hip motion.

PROMENADE {SSSS;}

M: Fwd L, Fwd R start turn; Fc Ptr Sd L; Cl R;

W: Fwd R, Fwd L start turn; Fc Ptr Sd R; Cl L;

PROMENADE SWIVELS {SSSS;SSSS;SSSS;}

M: Sd L, Cl R, XLIB, Rec R; Sd L, XRIF, Sd L, XRIF; Sd L, XRIF, Sd L, Cl R;

W: Sd R, Cl L, XRIB, Rec L; Sd R, XLIF, Sd R, XLIF; Sd R, XLIF, Sd R, Cl L;

SLIDE

M: Sd L, Cl R, Sd L, Tch R; Sd R, Cl L, Sd R, Cl L; Sd R, Cl L, Sd R, Tch L; Sd L, Cl R, Sd L, Cl R; {SSS; SSSS; SSS; SSSS;}

W: Sd L, Cl R, Sd L, Tch R; Sd R, Cl L, Sd R, Cl L; Sd R, Cl L, Sd R, Tch; Sd L, Cl R, Sd L, Tch R; {SSS-; SSSS; SSS-; SSS-;}

SLOW SWIVEL {S-S-;}

M: Point L toe to LOD,-,Swiveling L toe RF Cl R,-;

W: Point R toe to LOD,-,Swiveling R toe LF Cl L,-;

Note: A turning of the body causing the foot or feet to rotate while maintaining contact with the floor.

STAIR

FORWARD {SSSS;}

M: Fwd L, Cl R, Sd L, Cl R; W: Bk R, Cl L, Sd R, Cl L;

SIDE {SSSS;}

M: Sd L, Cl R, Fwd L, Cl R; W: SdR, Cl L, Bk R, Cl L; Note: Closed position throughout

ABBREVIATIONS

S (Q): Slow (Quick)

Fwd: Forward

Bk: Back

Sd: Side

Tch: Touch

Cl: Close

M: Man

W: Woman

L (R): Left (Right)

LF(RF): L (R) Face

XRIB: Cross R in Back

LOD: Line Of Dance

BFLY: Butterfly

OP: Open Position

CP: Closed Position

COH: Center of Hall

Rec: Recover

Bhd: Behind

Ck: Check

Fc: Face

L (R): Left (Right)

LF(RF): L (R) Face

XLIF:Cross L in Front

; Semicolon indicates end of a measure

, Comma divides a measure into counts

- Dash indicates a hold count

Ck: Check

Fc: Face

Ptr: Partner