

Bonita

Toes tap, hips sway and you just have to dance to this lively song. Monika has written a dance that allows the ABs to join the party!

4 WALL - 32 COUNTS - ABSOLUTE BEGINNER

Steps	Actual Footwork	Calling Suggestion	Direction
Section 1	Step Forward, Kick, Step Back, Touch, Grapevine L With Touch		
1-2	Step left forward. Kick right forward.	Step Kick	Forward
3-4	Step right beside left. Touch left beside right.	Step Touch	On the spot
5-6	Step left to left side. Cross right behind left.	Side Behind	Left
7-8	Step left to left side. Touch right beside left.	Side Touch	
Section 2	Step Forward, Kick, Step Back, Touch, Grapevine R		
1-2	Step right forward. Kick left forward.	Step Kick	Forward
3-4	Step left beside right. Touch right beside left.	Step Touch	On the spot
5-6	Step right to right side. Cross left behind right.	Side Behind	Right
7-8	Step right to right side. Step left beside right.	Side Together	
Section 3	Out Out, In In x 2		
1-2	Step right diagonally forward. Step left out to left side. (shoulder apart)	Out Out	Forward
3-4	Step right back. Step left beside right.	In In	Back
5-6	Step right diagonally forward. Step left to left side. (shoulder apart)	Out Out	Forward
7-8	Step right back to centre. Step left beside right.	In In	Back
Section 4	Side, Together, ¼ Turn, Touch, Sways x4		
1-2	Step right to right side. Step left beside right.	Step Together	Right
3-4	Turn ¼ right stepping right forward. Touch left beside right. (3.00)	Turn Touch	Turning right
5-6	Step left to left side swaying hips left. Sway hips to right side.	Sway Sway	On the spot
7-8	Sway hips to left side. Sway hips to right side.	Sway Sway	

Choreographed by:

Monika Mickein
(DE)
(June 2011)

Choreographed to:

'Bonita' by Angezz from CD
'ToCo Dance Party' Vol. 5
also available as a download
from amazon.co.uk or
itunes, (130 bpm)