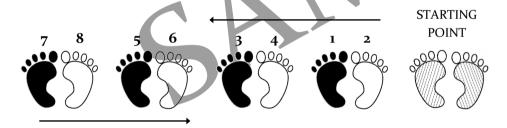




Face forward, with arms in a latin dance hold position:

Still facing forward, move *left, together* four times (i.e. 8 beats - see below), then *right, together*, four times, to return to where you started:



The non-stepping leg should be bent forward, to get the hips moving:



More information on learning Merengue steps at https://www.youtube.com/watch?v=on4V1KN_luw

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The Merengue is the national dance of the Dominican Republic, and although the melody is usually sung in Spanish, its musical roots are African. No one knows the Merengue's true origin - some say it comes from slaves whose feet were chained together so they couldn't do any big steps, while others say it was invented by a pirate with a wooden leg!

The Merengue is named after a foodstuff (meringue), similarly to Salsa.