



12 BASIC WAYS OF DOING THE “BREAK ON 3” ACCORDING TO THE “JOSE NDONGALA KIZOMBALOVE METHODOLOGY”

1. Line step forward
2. Line step backward
3. Triangle step forward
4. Triangle step backward
5. Triangle step sideward
6. Triangle step forward with change direction
7. Triangle step backward with change direction
8. Quarter turn: anti clockwise
9. Quarter turn: clockwise
10. Meio giro (half circle)
11. Reverse meio giro
12. Saida lateral with quarter turn (anti clockwise)

EN

~ ~ ~ Discover the sensual dancing secrets with Belgium 's well-known and passionate Kizomba/Semba promoter José N'dongala. He is the founder and developer of the "José N'dongala kizombalove Methodology" ~ ~ ~

NL

~ ~ ~ Ontdek de geheimen van een sensuele dans samen met de bekende en gepassioneerde promotor, José N'dongala, stichter en dansleraar van de "José N'dongala Kizombalove Methodology" ~ ~ ~

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~ ~ ~ Découvrez les secrets d'une danse sensuelle avec la passion d'un véritable promoteur, José N'dongala, fondateur et enseignant de la "José N'dongala Kizombalove Methodology" ~ ~ ~

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