

# Macarena

Count: 16

Wand: 4

Ebene: Beginner

Choreograf/in: Maria Frye

Musik: Macarena - Los del Mar



Keep knees flexed and transfer weight from side to side with each beat of music, let the hips sway side to side with heel movements.

## **RIGHT ARM OUT, LEFT ARM OUT / RIGHT PALM UP, LEFT PALM UP WITH ALTERNATING HEEL DROPS:**

- 1 Point right arm straight forward, palm down lift left heel, drop right heel
- 2 Point left arm straight forward, palm down lift right heel, drop left heel
- 3 Turn right arm, palm up lift left heel, drop right heel
- 4 Turn left arm, palm up lift right heel, drop left heel

## **FOLD RIGHT ARM, FOLD LEFT ARM / COVER RIGHT EAR, COVER LEFT EAR:**

- 5 Place right hand on left upper arm lift left heel, drop right heel
- 6 Place left hand on right upper arm lift right heel, drop left heel
- 7 Place right hand over right ear lift left heel, drop right heel
- 8 Place left hand over left ear lift right heel, drop left heel

## **RIGHT TO LEFT HIP, LEFT TO RIGHT HIP / RIGHT TO RIGHT HIP, LEFT TO LEFT HIP:**

- 9 Place right hand on front of left hip lift left heel, drop right heel
- 10 Place left hand on front of right hip lift right heel, drop left heel
- 11 Place right hand on right hip lift left heel, drop right heel
- 12 Place left hand on left hip lift right heel, drop left heel

## **HIP ROLLS WITH ¼ TURN LEFT:**

**(Bend Knees during hip rolls Pivoting on ball of both feet)**

- 13 Move left hip forward, right hip backwards start slow ¼ turn left
- & Move right shoulder forward, left shoulder backwards
- 14 Move left shoulder forward, right shoulder backwards
- & Move right shoulder forward left shoulder backwards
- 15 Move left hip forward, right hip backwards
- & Move right shoulder forward, left shoulder backwards
- 16 Move left shoulder forward, right shoulder backwards complete ¼ turn left
- & Move right shoulder forward, left shoulder backwards

**REPEAT**