

One Macarena

Compte: 48

Mur: 1

Niveau: Phrased Beginner

Chorégraphe: Wenarika Josephine (INA) - September 2022

Musique: Más Macarena (feat. Los del Río) - Gente de Zona



Intro : 32 Counts // **Seq :** AA BBB AA BB A B

PART A (16 Counts)

Sect 1 : ARM STYLING WITH HIP BUMPS

- 1 – 2 R hand stretch fwd palm facing down – repeat with L hand
- 3 – 4 Turn R palm facing up – repeat with L palm
- 5 – 6 Cross R hand to left shoulder – L hand to right shoulder
- 7 – 8 R hand behind right ear – L hand behind left ear

Sect 2 : ARM STYLING WITH HIP BUMPS , PADDLE ¼ LEFT (X2)

- 1 – 2 Cross R hand to left hip – L hand to right hip
- 3 – 4 R hand to right hip – L hand to left hip
- 5 – 6 Turn ¼ left rock R to side – recover on L
- 7 – 8 Turn ¼ left rock R to side – recover on L

PART B (32 counts)

Sect 1 : SIDE TOGETHER, SIDE CHASSE

- 1 – 2 R to side – L beside R
- 3 & 4 Right Chasse on R-L-R
- 5 – 6 L to side – R beside L
- 7 & 8 Left chasse on L-R-L

Sect 2 : DIAG FORWARD, HIP BUMPS

- 1 – 2 R diag forward hip bump forward – back
- 3 & 4 Hip bump forward – back – forward
- 5 – 6 L diag forward hip bump forward – back
- 7 & 8 Hip bump forward – back – forward

Sect 3 : FWD ROCK, BACK SHUFFLE, BACK ROCK, FWD SHUFFLE

- 1 – 2 R rock forward – recover on L
- 3 & 4 Back shuffle on R-L-R
- 5 – 6 L rock back – recover on R
- 7 & 8 Forward shuffle on L-R-L

Sect 4 : JAZZ BOX (X2)

- 1 – 4 Cross R over L – L back – R to side – L forward
- 5 – 8 Cross R over L – L back – R to side – L forward

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