

# Traveling Macarena

Compte: 48

Mur: 4

Niveau: Improver

Chorégraphe: Roy East (UK)

Musique: Macarena - Los del Río



## HEEL TOUCHES

- 1-2 Right heel touch forward, right foot step beside left
- 3-4 Left heel touch forward, left foot step beside right
- 5-8 Repeat first four steps

## DOUBLE TIME SYNCOPATED SIDE STEPS / TURN X 3

- 9 Right foot step right
- & Left foot step beside right
- 10 Right foot step right
- & Left foot step beside right
- 11 Right foot step right
- 12 Left foot touch beside right clap
  
- 13 Left foot step left
- & Right foot step beside left
- 14 Left foot step left
- & Right foot step beside left
- 15 Left foot step left turning to the left
- 16 Right foot touch beside left clap
  
- 17-24 Repeat steps 9-16

## STRUTS FORWARD / WALK (BACK)

- 25 Step right heel forward
- 26 Slap right toe down
- 27 Step left heel forward
- 28 Slap left toe down
- 29-32 Repeat steps 25-28

- 33 Right foot stomp back
- 34 Left foot stomp back
- 35 Right foot stomp back
- 36 Left foot stomp beside right

## MACARENA

- 37 Extend right arm parallel with the floor, palm down
- & Extend left arm parallel with the floor, palm down
- 38 In a sweeping motion rotate right arm to palm up
- & In a sweeping motion rotate left arm up
- 39 Place right hand on left shoulder
- & Place left hand on right shoulder
- 40 Place right hand on right ear
- & Place left hand on left ear
- 41 Place right hand on left hip
- & Place left hand on right hip
- 42 Slap right hand on right butt

& Slap left hand on left butt

43-45 Grind hips

46 Jump turn to the left

47 Clap

48 Clap

**REPEAT**

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