

# Más, Más....(Macarena)

**COPPER** KNOB  
STEPSHETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Belén Márquez (ES) - November 2016  
音乐: Más Macarena (feat. Los del Río) - Gente de Zona



Intro: Start on Lyrics

## MAMBO STEP (R&L), ROCK- RECOVER, BEHIND- SIDE- CROSS

1&2      Rock Right Side, Recover, Step Right Forward  
3&4      Rock Left Side, Recover, Step Left Forward  
5-6      Rock Right Side, Recover  
7&8      Cross Right Behind Left, Step Left Side, Cross Right Over Left

## STEP, TOUCH, SHUFFLE ¼ TURN L, PADDLE & FICK

1-2      Step Left Side, Touch Right Together  
3&4      Step Left Side, Step Right Together, Turn ¼ Left and Step Left Forward  
5-6      Turn ¼ Left and Touch Right Toe To Side, Turn ¼ Left and Touch Right Toe To Side  
7-8      Turn ¼ Left and Touch Right Toe To Side, Turn ¼ Left and Flick Right

## STEP-LOCK, STEP-LOCK-STEP, ROCK-RECOVER, SHUFFLE BACK

1-2      Step Right Forward, Cross Left Behind Right  
3&4      Step Right Forward, Cross Left Behind Right , Step Right Forward  
5-6      Rock Left Forward, Recover  
7&8      Step Left Back, Step Right Together, Step Left Back

## STEPS BACK, SHUFFLE BACK, STEPS BACK, CROSS, UNWIND

1-2      Step Right Back, Step Left Back  
3&4      Step Right Back, Step Left Together, Step Right Back  
5-6      Step Left Back, Step Right Back  
7&8      Cross Left Behind Right, Turn ½ Left

REPEAT

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