

Ayy Macarena

拍数: 32 墙数: 4 级数: Easy Intermediate
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音乐: Ayy Macarena - Tyga



Intro: 16 count

S1. SIDE, TOUCH, SIDE CHASSE, CROSS ROCK, FORWARD 1/4 TURN RIGHT, PIVOT 1/2 TURN RIGHT, FORWARD

1&2& Step R to side – Touch L together – Step L to side – Touch R together (12:00)
3&4 Step R to side – Step L together – Step R to side
5&6& Cross/Rock L over R - Recover on R – Rock L to side – Recover on R
7&8 Turn 1/4 right step L forward (3:00) – Turn 1/2 right – Step L forward (9:00)

S2. DIAGONAL FORWARD SHUFFLE, TOUCH, DIAGONAL FORWARD SHUFFLE, FORWARD MAMBO, SAILOR CROSS TURN 3/4 LEFT

1&2& Step R diagonal forward bend both knees out – Step L together – Step R diagonal forward bend both knees out – Touch L together

(When doing this body facing 7:30)

3&4 Step L diagonal forward bend both knees out – Step R together knees straight – Step L diagonal forward bend both knees out

(When doing this body facing 10:30)

5&6 Rock R forward and squaring to front (facing 9:00) – Recover on L – Step R back (9:00)
7&8 Turn 1/4 left cross L behind R (6:00) – Turn 1/4 left step R slightly to side (3:00) – Turn 1/4 left cross L over R (12:00)

S3. MAMBO CROSS, VAUDEVILLE, FORWARD MAMBO, WALK BACK WITH STYLE

1&2& Rock R to side – Recover on L – Cross R over L – Step L to side (12:00)
3&4& Touch R toes diagonal forward – Step R together – Cross L over R – Step R to side (12:00)
5&6& Touch L toes diagonal forward – Step L together – Rock R forward – Recover on L (12:00)
7-8 Step R back – Step L back (12:00)

S4. SYNCOPATED SAILOR STEPS, JUMP TOGETHER, TOUCH BACK, ROLLED BODY, COASTER STEP TURN 1/4 LEFT

1&2& Cross R behind L – Step L to side – Step R to side – Cross L behind R (12:00)
3&4 Step R to side – Step L to side – Jump both feet to center (feet together)
5-6 Touch R back – Rolled body start from head/up to toes (finish weight on R)
7&8 Turn 1/4 left step L back – Step R together - Cross L over R (9:00)

REPEAT

RESTART: On wall 3 (6:00) & 6 (12:00) after 16 count

ENDING : On wall 7, change the 7&8 on S.4 to the step below:

7&8 Step L back – Step R together – Step L forward (Pose)

For more info about step sheet & song, please contact:

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