

Easy Mas Macarena

拍数: 48 墙数: 4 级数: Beginner
编舞者: Ira Barie (INA) - November 2020
音乐: Más Macarena (feat. Los del Río) - Gente de Zona



Sequence : AA BBB AA BB AA B

Start dancing after 32 count

PART A - 16 COUNT

A 1. MACARENA MOVEMENT 1

- 1 Hips right, stretch R arm forward, palm down
- 2 Hips left, stretch L arm forward, palm down
- 3 Hips right, R arm palm upwards
- 4 Hips left, L arm palm upwards
- 5-6 hips right and put R hand on L shoulder, hips left and put L hand on R shoulder
- 7-8 hips right and put R hand behind your head, hips left and put L hand behind your head

A 2. MACARENA MOVEMENT 2

- 1-2 Hips right and put R hand on L hip, hips left and put L hand on R hip
- 3-4 Hips right and put R hand on R bottom, hips left and put L hand on L bottom
- 5-6-7 Hip rolls from left to right
- 8 Jump $\frac{1}{4}$ left (9.00)

PART B - 32 COUNT

B 1. MAMBO R FWD - MAMBO L BACKWRD - MAMBO R SIDE - MAMBO L SIDE

- 1&2 Step RF forward, step LF in place, step RF beside LF
- 3&4 Step LF backward, step RF in place, step LF beside RF
- 5&6 Step RF to R side, step LF in place, step RF beside LF
- 7&8 Step LF to L side, step RF in place, step LF beside RF

B 2. R CHASSE - L CHASSE - R BACK ROCK - RECOVER - L BACK ROCK - RECOVER

- 1&2 Step RF to R side, step LF next to RF, step RF to R side
- 3&4 Step LF to L side, step RF next to LF, step LF to L side
- 5&6 Step RF backward, recover on LF, step RF to side
- 7&8 Step LF backward, recover on RF, step LF to side

B 3. HIP BUMP TWICE DIAG R FWD - HIP BUMP TWICE DIAG L BACKWARD - HIP BUMP

- 1&2 Step RF diagonally forward with hip bump, recover on LF, recover on RF with hip bump
- 3&4 Recover on LF with hip bump, recover on RF, recover on LF with hip bump
- 5-6-7-8 Hip bump R-L-R-L

B 4. JAZZBOX - $\frac{3}{4}$ PADDLE TURN L

- 1-2 Step RF cross over LF, step back on LF
- 3-4 Step RF to R side, step LF cross over RF
- 5&6&& $\frac{1}{4}$ turn L step RF to R side, recover on LF, $\frac{1}{4}$ turn L step RF to R side, recover on LF
- 7&8 $\frac{1}{4}$ turn L step RF to R side, recover on LF, step RF next to LF

Contact: ira.140289@gmail.com