

Maca Maca

拍数: 32 墙数: 2 级数: Improver - Novelty / Samba
编舞者: Shane McKeever (N.IRE) & Adam Åstmar (SWE) - December 2022
音乐: Macarena - le Shuuk & Papi Pepe



Intro: 16 counts. Approx. 9 seconds.

Sect – 1 While doing the Macarena arms: V-Step. 2X Step ¼ Turn L.

- 1 – 2 Step to right diagonal on RF (1). Step to left diagonal on LF (2).
- 3 – 4 Step back on RF (3). Close LF next to RF (4).
- 5 – 6 Step forward on RF (5). Turn ¼ left placing weight on LF (6). {9'00}
- 7 – 8 Step forward on RF (7). Turn ¼ left placing weight on LF (8). {6'00}

Arms To make the dance fit the Macarena we decided to add the original hand movements to the steps.

- 1 – 2 Stretch R hand forward, palm down (1). Stretch L hand forward, palm down (2).
- 3 – 4 Turn R hand so palm face up (3). Turn L hand so palm face up (4).
- 5 – 6 Place R hand on L shoulder (5). Place L hand on R shoulder, making the arms cross your chest (6).
- 7 – 8 Place R hand on right side of your head (7). Place L hand on left side of your head (8).

Sect – 2 While continuing the Macarena arms: 2X Rock Forward. Side. Roll Hips. Jump Together & Clap.

- 1 – 2 Rock forward on RF rolling hips forward (1). Recover on LF rolling hips back (2).
- 3 – 4 Rock forward on RF rolling hips forward (3). Recover on LF rolling hips back (4).
- 5 – 6 Step right on RF and start rolling hips full circle clockwise (5). Continue hip roll (6).
- 7 – 8 Finish hip roll with weight split on both feet (7). Jump together landing weight on LF (8).

Arms Continue with the Macarena moves!

- 1 – 2 Place R hand on left hip (1). Place L hand on right hip, making the arms cross your belly (2).
- 3 – 4 Place R hand on the back of right hip (3). Place L hand on the back of left hip (4).
- 5 – 8 Hold hands on the back of your hips (5, 6, 7). Clap hands (8).

Sect – 3 R Botafogo. L Botafogo. Diagonal Rocking Chair. Cross. ¼ Turn R. Back.

- 1 & 2 Traveling forward: Cross RF over LF (1). Step left on LF (&). Step to right diagonal on RF (2). {7'30}
- 3 & 4 Traveling forward: Cross LF over RF (3). Step right on RF (&). Step to left diagonal on LF (4). {4'30}
- 5 & 6 & Rock forward on RF (5). Recover on LF (&). Rock back on RF (6). Recover on LF (&).
- 7 & 8 Cross RF over LF (7). Turn ¼ right stepping back on LF (&). Step back on RF (8). {7'30}

Sect – 4 Hitch. Back. ¼ Turn R. Mambo Step Together. Walk Around 5/8 Turn R.

- & 1 – 2 Hitch L knee (&). Step back on LF (1). Turn ¼ right stepping forward on RF (2). {10'30}
- 3 & 4 Rock forward on LF (3). Recover on RF (&). Close LF next to RF, push your hips back and put your hands up in the air with R hand on L (4).
- 5 – 8 Start walking around in a 5/8 circle right stepping RF (5), LF (6), RF (7), LF (8). {6'00}

While doing this you slowly drop your arms out to the side and down over 4 counts.

Optional: If you don't want to do the arm option above you can just do shimmy shoulders or something else that makes it fun!

Ending: On wall 6 in section 4, you push your hips back when closing LF next to RF on count 4 and put your hands up in the air with R hand on L.

Have fun!

