

Macarena

拍数: 16 墙数: 4 级数: Beginner
编舞者: Maria Frye
音乐: Macarena - Los del Mar



Keep knees flexed and transfer weight from side to side with each beat of music, let the hips sway side to side with heel movements.

RIGHT ARM OUT, LEFT ARM OUT / RIGHT PALM UP, LEFT PALM UP WITH ALTERNATING HEEL DROPS:

- 1 Point right arm straight forward, palm down lift left heel, drop right heel
- 2 Point left arm straight forward, palm down lift right heel, drop left heel
- 3 Turn right arm, palm up lift left heel, drop right heel
- 4 Turn left arm, palm up lift right heel, drop left heel

FOLD RIGHT ARM, FOLD LEFT ARM / COVER RIGHT EAR, COVER LEFT EAR:

- 5 Place right hand on left upper arm lift left heel, drop right heel
- 6 Place left hand on right upper arm lift right heel, drop left heel
- 7 Place right hand over right ear lift left heel, drop right heel
- 8 Place left hand over left ear lift right heel, drop left heel

RIGHT TO LEFT HIP, LEFT TO RIGHT HIP / RIGHT TO RIGHT HIP, LEFT TO LEFT HIP:

- 9 Place right hand on front of left hip lift left heel, drop right heel
- 10 Place left hand on front of right hip lift right heel, drop left heel
- 11 Place right hand on right hip lift left heel, drop right heel
- 12 Place left hand on left hip lift right heel, drop left heel

HIP ROLLS WITH ¼ TURN LEFT:

(Bend Knees during hip rolls Pivoting on ball of both feet)

- 13 Move left hip forward, right hip backwards start slow ¼ turn left
- & Move right shoulder forward, left shoulder backwards
- 14 Move left shoulder forward, right shoulder backwards
- & Move right shoulder forward left shoulder backwards
- 15 Move left hip forward, right hip backwards
- & Move right shoulder forward, left shoulder backwards
- 16 Move left shoulder forward, right shoulder backwards complete ¼ turn left
- & Move right shoulder forward, left shoulder backwards

REPEAT
