

# Macarena (Wheelchair)

**COPPER KNOB**  
BYEFOURNETS

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



Adapted for wheelchair dancers by Brenda Jeffery

## RIGHT ARM OUT, LEFT ARM OUT, RIGHT PALM UP, LEFT PALM UP

- 1            Point right arm straight forward
- 2            Point left arm straight forward
- 3            Turn right arm palm up
- 4            Turn left arm palm up

## FOLD RIGHT ARM- FOLD LEFT ARM, COVER RIGHT EAR, COVER LEFT EAR

- 5            Place right hand on left upper arm
- 6            Place left hand on right upper arm
- 7            Place right hand over right ear
- 8            Place left hand over left ear

## RIGHT TO LEFT HIP OR LEG, LEFT TO RIGHT HIP OR LEG, RIGHT TO RIGHT WHEEL, LEFT TO LEFT WHEEL

- 9            Place right hand on front of left hip or on left thigh
- 10          Place left hand on front of right hip or on right thigh
- 11          Place right hand on right wheel
- 12          Place left hand on left wheel

## ¼ ROLL TO LEFT

- 13-16      Roll ¼ turn to left over 4 counts

**REPEAT**

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