

Macarena Samba

拍数: 0 墙数: 1 级数: Intermediate
编舞者: Derrick Goh (SG)
音乐: Macarena (Bayside Boys Mix) - Los Del Rio & Matrix



Sequence: Start after 32 counts. AB, AB, BA, B(1-16), TAG, B(17-32), AA, A(1-16)

INTRO (24 COUNTS): SYNCOPATED FORWARD LOCK-STEP, RIGHT AND LEFT X3

1& Step forward on right, lock left behind right
2& Step forward on right, lock left behind right
3&4 Step forward on right, lock left behind right, step forward on right
5-8 Repeat counts 1-4 on opposite foot
9-16 Make ½ turn right on ball of left and repeat counts 1-8
17-24 Repeat counts 9-16

PART A

MACARENA MOVEMENTS WITH HIP-SWAY RIGHT AND LEFT

1 Extend right arm straight in front with palm facing down, hold
2 Extend left arm straight in front with palm facing down, hold
3 Turn right hand over with palm facing up, hold
4 Turn left hand over with palm facing up, hold
5 Touch left shoulder with right hand, hold
6 Touch right shoulder with left hand, hold
7 Touch back of head with right hand, hold
8 Touch back of head with left hand, hold
9 Touch right hand in front of left hip, hold
10 Touch left hand in front of right hip, hold
11 Place right hand behind right hip, hold
12 Place left hand behind left hip, hold
13-14-15 Sway hips left, right, left
&16 Make ¼ turn left and jump forward right, left (feet apart)
17-32 Repeat counts 1-16

Hold onto preceding arm position as you do the next movement

PART B

SAMBA MOVEMENTS, WHISK RIGHT & LEFT, FULL-TURN SPOT VOLTA TO RIGHT (PADDLE-TURN)

1&2 Step right to side, cross left behind right on ball of foot, step right in place
3&4 Step left to side, cross right behind left on ball of foot, step left in place
5&6 Step right slightly to right, toe turn out, paddle left to left with ball of foot, replace weight to right continuing right turn
&7&8 Continuing paddle-turn to right completing full-turn

WHISK TO LEFT & RIGHT, 1 ¼ TURN SPOT VOLTA TO LEFT (PADDLE-TURN)

9-16 Repeat counts 1-8 on opposite foot

STATIONARY SAMBA-WALK RIGHT & LEFT, BOTA FOGOS (SAMBA STEP)

17&18 Step right beside left slightly forward, step left back on ball of foot, draw right back about 3 inches
19&20 Step left beside right slightly forward, step right back on ball of foot, draw left back about 3-inches
21-24 Repeat counts 17-20
25&26 Cross right over left, step left to side on ball of foot, replace weight on right

27&28 Cross left over right, step right to side on ball of foot, replace weight on left
29-32 Repeat counts 25-28 (turn $\frac{1}{4}$ left on count 32)

TAG

Bump left hip and clap hands for 6 counts (dance only once at 9:00 wall)

FINISH

For the last "A" sequence 16 counts, turn $\frac{1}{2}$ left (instead of $\frac{1}{4}$) and jump forward to face front wall (12:00) with hands on back of hips
