

Macarena/samba

拍数: 24 墙数: 4 级数: Beginner
编舞者: Unknown
音乐: Macarena - Los del Río



FORWARD THREE KICK, BACK THREE, TOUCH

- 1 Walk forward left
- 2 Walk forward right
- 3 Walk forward left
- 4 Kick forward with right and clap
- 5 Walk back right
- 6 Walk back left
- 7 Walk back right
- 8 Touch left toe back on diagonal (weight stays on right)

CROSS TRIPLE STEPS

- 9 Cross left over right (weight change to left)
- & Step on right (weight change to right)
- 10 Step on left (angle body to left-weight change to left)
- 11 Cross right over left (weight change to right)
- & Step on left (weight change to left)
- 12 Step on right (angle body to right-weight change to right)
- 13 Cross left over right (weight change to left)
- & Step on right (weight change to right)
- 14 Step on left (angle body to left-weight change to left)
- 15 Cross right over left (weight change to right)
- & Step on left (weight change to left)
- 16 Step on right (angle body to right-weight change to right)

QUICK STEP CROSS OVERS

- 17 While traveling slightly to right-cross left over in front of right (weight on left)
- & Shift weight and step on right
- 18 Shift weight back to left keeping left in front of right
- 19 While traveling slightly to right-step left over right (weight on left)
- & Shift weight and step on right
- 20 Shift weight back to left-keeping left in front of right
- 21 While traveling slightly to left-cross right over in front of left (weight on right)
- & Shift weight and step on left
- 22 Shift weight back to right keeping right in front of left
- 23 While traveling slightly to left-step right over left (weight on right)
- & Shift weight and step on left
- 24 Shift weight back to left keeping right in front of left and turn ¼ left

REPEAT
