

Traveling Macarena

拍数: 48 墙数: 4 级数: Improver
编舞者: Roy East (UK)
音乐: Macarena - Los del Río



HEEL TOUCHES

1-2 Right heel touch forward, right foot step beside left
3-4 Left heel touch forward, left foot step beside right
5-8 Repeat first four steps

DOUBLE TIME SYNCOPATED SIDE STEPS / TURN X 3

9 Right foot step right
& Left foot step beside right
10 Right foot step right
& Left foot step beside right
11 Right foot step right
12 Left foot touch beside right clap

13 Left foot step left
& Right foot step beside left
14 Left foot step left
& Right foot step beside left
15 Left foot step left turning to the left
16 Right foot touch beside left clap

17-24 Repeat steps 9-16

STRUTS FORWARD / WALK (BACK)

25 Step right heel forward
26 Slap right toe down
27 Step left heel forward
28 Slap left toe down
29-32 Repeat steps 25-28

33 Right foot stomp back
34 Left foot stomp back
35 Right foot stomp back
36 Left foot stomp beside right

MACARENA

37 Extend right arm parallel with the floor, palm down
& Extend left arm parallel with the floor, palm down
38 In a sweeping motion rotate right arm to palm up
& In a sweeping motion rotate left arm up
39 Place right hand on left shoulder
& Place left hand on right shoulder
40 Place right hand on right ear
& Place left hand on left ear
41 Place right hand on left hip
& Place left hand on right hip
42 Slap right hand on right butt

& Slap left hand on left butt

43-45 Grind hips

46 Jump turn to the left

47 Clap

48 Clap

REPEAT
