

# Traveling Macarena

**COPPER** **NOB**  
STEPSHEETS

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**

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