

Eh... Macarena

拍數: 80 牆數: 1
編舞者: Rebecca Lee (MY) - January 2015
音樂: Macarena - Mario Bischin

級數: Phrased Improver



Sequence: AA (TAG) BCD, AA (TAG) BCD, A
Intro: 80counts (approx. 0.39)

Part A – 32 counts

A1: Step Lock Step, Hitch, Step Lock, Step Hitch

1,2 Step R diagonal L, Lock L behind R
3,4 Step R diagonal forward, Hitch L diagonal L (while rotating to R diagonal)
5,6 Step L diagonal R, Step R behind L
7,8 Step L diagonal forward, Hitch R diagonal R (while rotating to L diagonal)

A2: Cross, ½ turn Monterey, Weave L, Touch

1,2 Cross R over L, Touch L to L
3,4 ½ turn L and step L beside R, Touch R to R
5,6 Cross R over L, Step L to L
7,8 Step R behind L, Touch L to L

A3: Step, Touch, Step Back, Touch, Sweep, Jazz Box

1,2 Step L Diagonal L forward, Touch R diagonal forward
3,4 Step R diagonal back, Touch L diagonal back
5,6 Step L forward, Sweep R from back to front
7&8 Cross R over L, Step L to L, Step R to R

A4: Mambo Left, ½ turn Pivot, Side Touch

1&2 Rock L forward, recover R, Step L beside R
3,4 Step R forward, ½ turn L
5,6, Touch R to R, Hold
7,8 Slowly pull R next to L

TAG : 4counts (free movement on the spot)

Hip Sway R,L,R,L OR Body Shimmy

PART B (MACARENA) – 16 counts

1,2, Pop R knee forward, Pop L Knee forward
3,4 Pop L knee forward, Pop R knee forward
(Put both hand out forward, palm facing up, twirl it in and place it behind the neck, bring it down to the waist and cross it L over R, Bring R to R hip, L to L hip.)
5,6 Step R to R, Step L beside R
7&8 Twist R, Twist L, ¼ turn L Twist R

9,10 Pop R knee forward, Pop L knee forward
11,12 Pop L knee forward, Pop R knee forward
(Put both hand out forward, palm facing up, twirl it in and place it behind the neck, bring it down to the waist and cross it R over L, Bring R to R hip, L to L hip.)
13,14 Step R to R, Hip Roll L to R
15,16 Step R forward, Paddle ¼ turn L

(Repeat Count 1-16) end facing 12'

PART C – 16 counts

1,2 Step R diagonal R, Step L beside R
3,4 Twist R x2
5,6 Step L diagonal L, Step R beside L
7,8 Twist L x2

9,10 Step R to R, Step L to L
11&12 Twist R&R
13,14 Step R forward, ½ turn L
15,16 ½ turn L step R back, ½ turn L step L forward

(Repeat Count 1-16)**PART D – 16 counts**

1,2 Cross R over L, Step L to L,
3&4 Cross R over L, Step L to L, Cross R over L
5,6 ½ turn L Step L over R, Step R to R
7&8 Cross L over R, Step R to R, Cross L over R

9&10 Rock R to R, Recover to L, Step R beside L
11&12 Rock L to L, Recover to R, Step L beside R
13,14 Step R forward, ½ turn L
15,16 Step R forward, ½ turn L

(Repeat Count 1-16)**Contact: rebecca_jazz@yahoo.com**
