

Más, Más....(Macarena)

COPPERKNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Belén Márquez (ES) - November 2016
音樂: Más Macarena (feat. Los del Río) - Gente de Zona



Intro: Start on Lyrics

MAMBO STEP (R&L), ROCK- RECOVER, BEHIND- SIDE- CROSS

1&2 Rock Right Side, Recover, Step Right Forward
3&4 Rock Left Side, Recover, Step Left Forward
5-6 Rock Right Side, Recover
7&8 Cross Right Behind Left, Step Left Side, Cross Right Over Left

STEP, TOUCH, SHUFFLE ¼ TURN L, PADDLE & FICK

1-2 Step Left Side, Touch Right Together
3&4 Step Left Side, Step Right Together, Turn ¼ Left and Step Left Forward
5-6 Turn ¼ Left and Touch Right Toe To Side, Turn ¼ Left and Touch Right Toe To Side
7-8 Turn ¼ Left and Touch Right Toe To Side, Turn ¼ Left and Flick Right

STEP-LOCK, STEP-LOCK-STEP, ROCK-RECOVER, SHUFFLE BACK

1-2 Step Right Forward, Cross Left Behind Right
3&4 Step Right Forward, Cross Left Behind Right , Step Right Forward
5-6 Rock Left Forward, Recover
7&8 Step Left Back, Step Right Together, Step Left Back

STEPS BACK, SHUFFLE BACK, STEPS BACK, CROSS, UNWIND

1-2 Step Right Back, Step Left Back
3&4 Step Right Back, Step Left Together, Step Right Back
5-6 Step Left Back, Step Right Back
7&8 Cross Left Behind Right, Turn ½ Left

REPEAT

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