

SF Macarena

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 1 級數: High Improver - Samba & Funky
編舞者: YoungSoon Song (KOR), Hyun Ah Lee (KOR), Hee Sun Lee (KOR) & SoYeun Choi (KOR) - May 2020
音樂: Ayy Macarena - Tyga



Intro: 16 counts - No Restart, No Tag

S1: TOUCH, FLICK, STEP, HEEL, STEP, SHIMMY

1&2 LF Touch Forward(1), LF Flick L(&), LF Step Forward(2)
3&4 RF Heel Touch Forward(3), RF Step Together(&), LF Step Forward(4)
5&6 RF Weight Backwards with Shimmy R(5), L(&), R(6)
7&8 LF Weight Forward with Shimmy R(7), L(&), R(8)

S2: HIP BUMP WITH HAND MOTIONS, SWAY R, L, HIP CIRCLE

1& RF Step Side and Hip Bump R with Put out Right Hand with Palm Up(1), LF Hip Bump L with Put out Left Hand with Palm UP(Stay Right Hand Palm Up)(&)
2& RF Hip Bump R with Put your Right Hand on the Left Chest(Stay Left Hand Palm Up)(2), LF Hip Bump L with Put your Left Hand on the Right Chest(Stay Right Hand on the Left Chest)(&)
3& RF Hip Bump R with Put your Right Hand Behind your Right Head(Stay Left Hand on the Right Chest)(3), LF Hip Bump L with Put your Left Hand Behind your Left Head(Stay Right Hand Behind Your Head)(&)
4& RF Hip Bump R with Put your Right Hand on the Right Pelvis(Stay Left Hand Behind your Head)(4), LF Hip Bump L with Put your Left Hand on the Left Pelvis(Stay Right Hand on the Pelvis)(&)
5-6 RF Sway R(5), LF Sway L(6)
7-8 RF Hip Circle R to L

S3: CROSS POINT R, L, HALF DIAMOND, 1/2 TURN

1&2& RF Cross Over(1), LF Step L(&), RF Cross Point Forward(2), RF Step R(&)
3&4& LF Cross Over(3), RF Step R(&), LF Cross Point Forward(4), LF Step L(&)
5&6& RF Cross Over(5), LF Step L(&), RF 1/8 Back(1:30)(6), LF Hitch(&)
7&8 LF Step Back(7), RF 1/8 Turn R(3:00)(&), LF 1/2 Turn R(9:00)(8)

S4: BACHUCADA 4X, 1/4 TURN, HIP ROLLING R, L, R, TOGETHER

1&a RF Ball Forward(1), RF Press Ball Forward, R Hip Roll(&), Recover onto LF(a)
2&a RF Step Back(2), LF Press Ball Forward, L Hip Roll(&), Recover onto RF(a)
3&a LF Step Back(3), RF Press Ball Forward, R Hip Roll(&), Recover onto LF(a)
4&a RF Step Back(4), LF Press Ball Forward, L Hip Roll (&), Recover onto RF(a)
5-6 RF 1/4 Turn R Press with Slow Hip Roll R(12:00)(5), LF Recover Weight with Slow Hip Roll L(6)
7-8 RF Slow Hip Roll R(7), RF Step Together(Weight RF)(8)

Contact: song6409@hanmail.net
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