

Bailando Macarena

拍數: 32 牆數: 4 級數: Improver
編舞者: JMP (KOR) & Ssabu (KOR) - June 2020
音樂: Macarena - Mario Bischin



Start : After 48 Count

*TAG : 36 count - After wall 3 (9:00), wall 7 (3:00), wall 9 (*S2~S5) - Ending

*S1 (1-4) Hip Rolling

1 - 4 From left to right hip rolling (Weight on the left)

*S2 (1-8) walking in place with Hand Motion

1 - 4 Walking in place with - From the right hand, stretch your left hand forward so that the bottom of your hand and the back of your hand look up.

5 - 8 Walking in place with - Put your right hand on your left shoulder (5), Put your left hand on your right shoulder (6), Put your right hand on the back of your neck (7), Put your left hand on the back of your neck (8) – Cross both hands

*S3 (1-8) Walking in place with Hand Motion, Hip Deep Sway 1/4 Turn Right

1 - 4 Walking in place with – Put one's right hand on one's left waist (1), Put one's left hand on one's right waist (2), Put one's right hand on one's right hip (3), Put one's left hand on one's left hip (4)

5 - 8 Sway while keeping both hands on the hips. (R-L), 1/4 turn right sway while keeping both hands on the hips. (Option : Jumping small on last count (8) and making 1/4 turn right)

*S4 (1-8) REPEAT *S2

*S5 (1-8) REPEAT *S3

S1 (1-8) Samba Step (R-L), Mambo FWD, Mambo Back

1 & 2 Cross R over L, Step L rock side, Recover on R

3 & 4 Cross L over R, Step R rock side, Recover on L

5 & 6 Step R fwd, Recover on L, Step R to back

7 & 8 Step L back, Recover on R, Step L beside R

S2 (1-8) Chugs 1/4 Turn Left, Cross Shuffle, Monterey 1/2 Turn Left

1& 2& 1/8 turn Left pushing R to Right side, Recover on L X 2 (9:00)

3 & 4 Cross R over L, Step L side, Cross R over L

5 - 8 Touch L to side, 1/2 turn left close L beside R, Touch R to side, Close R beside L (3:00)

S3 (1-8) Coaster Step, Point & Point, Sailor 1/4 Turn Right

1 2 3&4 Step L rock forward, Recover on R, Step L back, Step R beside L, Step L fwd

5 6 7&8 Point cross R over L, Point R side right, Sweep R behind left, make 1/4 turn right step L next to R, step R fwd (6:00)

S4 (1-8) Jazz Box, 1/4 Turn Left, Touch, Mambo Side (R-L)

1 - 4 Cross L over R, 1/4 turn left step R back, Step L side, Touch R beside L (3:00)

5&6 7&8 Step R side, Recover on L, Step R beside L, Step L side, Recover on R, Step L beside R

HAVE FUN ~~~

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