

# One Macarena

**COPPER** KNOB  
STEPSHEETS

拍數: 48                      牆數: 1                      級數: Phrased Beginner  
編舞者: Wenarika Josephine (INA) - September 2022  
音樂: Más Macarena (feat. Los del Río) - Gente de Zona



Intro : 32 Counts // Seq : AA BBB AA BB A B

## PART A (16 Counts)

### Sect 1 : ARM STYLING WITH HIP BUMPS

1 – 2                      R hand stretch fwd palm facing down – repeat with L hand  
3 – 4                      Turn R palm facing up – repeat with L palm  
5 – 6                      Cross R hand to left shoulder – L hand to right shoulder  
7 – 8                      R hand behind right ear – L hand behind left ear

### Sect 2 : ARM STYLING WITH HIP BUMPS , PADDLE ¼ LEFT (X2)

1 – 2                      Cross R hand to left hip – L hand to right hip  
3 – 4                      R hand to right hip – L hand to left hip  
5 – 6                      Turn ¼ left rock R to side – recover on L  
7 – 8                      Turn ¼ left rock R to side – recover on L

## PART B (32 counts)

### Sect 1 : SIDE TOGETHER, SIDE CHASSE

1 – 2                      R to side – L beside R  
3 & 4                      Right Chasse on R-L-R  
5 – 6                      L to side – R beside L  
7 & 8                      Left chasse on L-R-L

### Sect 2 : DIAG FORWARD, HIP BUMPS

1 – 2                      R diag forward hip bump forward – back  
3 & 4                      Hip bump forward – back – forward  
5 – 6                      L diag forward hip bump forward – back  
7 & 8                      Hip bump forward – back – forward

### Sect 3 : FWD ROCK, BACK SHUFFLE, BACK ROCK, FWD SHUFFLE

1 – 2                      R rock forward – recover on L  
3 & 4                      Back shuffle on R-L-R  
5 – 6                      L rock back – recover on R  
7 & 8                      Forward shuffle on L-R-L

### Sect 4 : JAZZ BOX (X2)

1 – 4                      Cross R over L – L back – R to side – L forward  
5 – 8                      Cross R over L – L back – R to side – L forward

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