

Macarena Christmas

拍數: 0 牆數: 4 級數: Intermediate
編舞者: BM Leong (MY)
音樂: Macarena Christmas (Joy Mix) - Los del Río



Sequence: Intro, A, TAG 1, B, TAG 1, ABB, AB, TAG 1, TAG 2, BB, Ending

INTRO

- 1-2 Bump hips right pushing right hand up, bump hips left pushing left hand up
3-4 Bump hips right pushing right hand up, bump hips left pushing left hand up
5-8 Repeat counts 1-4
- 1-2 Bump hips right pushing right hand forward, bump hips left pushing left hand forward
3-4 Bump hips right pushing right hand forward, bump hips left pushing left hand forward
5-8 Repeat counts 1-4
- 1-2 Bump hips right swinging both hands right, bump hips left swinging both hands left
3-4 Bump hips right swinging both hands right, bump hips left swinging both hands left
5-8 Repeat counts 1-4
- 25-48 Repeat above 24 counts

PART A

HIP BUMPS WITH HAND ACTIONS

- 1-2 Touch left palm with right fingers, touch right palm with left fingers
3-4 Touch right ear with right fingers, touch left ear with left fingers
5-6 Place right hand on left hip, place left hand on right hip
7-8 Slap right buttock with right hand, slap left buttock with left hand

Bump hips right-left-right-left-right-left-right-left at the same time for these 8 counts

- 1-2 Touch left forearm with right fingers, touch right forearm with left fingers
3-4 Touch right ear with right fingers, touch left ear with left fingers
5-6 Place right hand on left hip, place left hand on right hip
7-8 Slap right buttock with right hand, slap left buttock with left hand

Bump hips right-left-right-left-right-left-right-left at the same time for these 8 counts

- 1-2 Touch left upper arm with right fingers, touch right upper arm with left fingers
3-4 Touch right ear with right fingers, touch left ear with left fingers
5-6 Place right hand on left hip, place left hand on right hip
7-8 Slap right buttock with right hand, slap left buttock with left hand

Bump hips right-left-right-left-right-left-right-left at the same time for these 8 counts

- 1-2 Touch left shoulder with right fingers, touch right shoulder with left fingers
3-4 Touch right ear with right fingers, touch left ear with left fingers
5-6 Place right hand on left hip, place left hand on right hip
7-8 Slap right buttock with right hand, slap left buttock with left hand

Bump hips right-left-right-left-right-left-right-left at the same time for these 8 counts

PART B

RIGHT AND LEFT DIAGONAL FORWARD SHUFFLE, ROCKING CHAIR

- 1&2 Right diagonal forward shuffle on right-left-right
3&4 Left diagonal forward shuffle on left-right-left

- 5-6 Rock right foot forward, recover onto left
7-8 Rock right foot back, recover onto left

PADDLE QUARTER TURN LEFT TWICE, CROSS MAMBO TWICE

- 1-2 Step right forward, pivot $\frac{1}{4}$ turn left
3-4 Step right forward, pivot $\frac{1}{4}$ turn left
5&6 Cross mambo on right-left-right
7&8 Cross mambo on left-right-left

STEP, PIVOT QUARTER TURN LEFT, CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE

- 1-2 Step right forward, pivot $\frac{1}{4}$ turn left
3&4 Cross shuffle on right-left-right
5-6 Rock left to left side, recover onto right
7&8 Cross shuffle on left-right-left

SIDE, TOGETHER, SIDE SHUFFLE, ROCK, RECOVER, TRIPLE HALF TURN LEFT

- 1-2 Step right to right side, step left together
3&4 Chasse right on right-left-right
5-6 Rock left forward, recover onto right
7&8 Triple $\frac{1}{2}$ turn left on left-right-left

TAG 1

- 1-16 Do 4 sets of jazz box with $\frac{1}{4}$ turn right on right-left-right-left

TAG 2

- 1-2 Step right to right side, touch left beside right
3-4 Step left to left side, touch right beside left

ENDING

- 1-2 Cross right foot over left, unwind $\frac{1}{2}$ turn to face starting wall
3-8 Bump hips right-left-right-left-right-left waving right hand
-