

Christmas Macarena

COPPER **KNOB**
BY STEPHEN BRETZ

拍數: 48 牆數: 4 級數: Improver
編舞者: Lewis Lee (CAN)
音樂: Macarena Christmas - Los del Río



RIGHT ARM OUT, LEFT ARM OUT, RIGHT PALM UP, LEFT PALM UP, FOLD RIGHT ARM, FOLD LEFT ARM, COVER RIGHT EAR, COVER LEFT EAR WITH ALTERNATING HEEL DROPS

- 1 Point right arm straight forward with palm down lift left heel and drop right heel
- 2 Point left arm straight forward with palm down lift right heel and drop left heel
- 3 Turn right arm, palm up lift left heel, drop right heel
- 4 Turn left arm, palm up lift right heel, drop left heel
- 5 Place right hand on left upper arm lift left heel, drop right heel
- 6 Place left hand on right upper arm lift right heel, drop left heel
- 7 Place right hand over right ear lift left heel, drop right heel
- 8 Place left hand over left ear lift right heel, drop left heel

RIGHT FORWARD, ½ LEFT STEP LEFT FORWARD, ½ LEFT STEP RIGHT BACK, LEFT KICK FORWARD, JAZZ JUMP BACK (LEFT, RIGHT), HOLD JAZZ JUMP FORWARD (RIGHT, LEFT), HOLD

- 1-2 Step right forward, ½ left (6:00) step left forward
- 3-4 ½ left (12:00) step right back, kick left forward (toss hands over head)
- &5-6 Jazz jump back left, right, hold and clap hands
- &7-8 Jazz jump forward right, left, hold and clap hands

RIGHT ROLLING VINE RIGHT, LEFT TOUCH, LEFT ROLLING VINE LEFT, RIGHT TOUCH

- 1-2 ¼ right (3:00) step right forward, ½ right (9:00) step left back
- 3-4 ¼ right (12:00) step right side right, touch left beside right and clap hands
- 5-6 ¼ left (9:00) step left forward, ½ left (3:00) step right back
- 7-8 ¼ left (12:00) step left side left, touch right beside left and clap hands

PADDLE FULL TURN LEFT WITH HAND ROLL OVERHEAD, BOUNCE HEELS (X4) WITH HAND WAVE OVERHEAD

- &1&2 ¼ left (9:00) right knee hitch up, point right side right, ¼ left (6:00) right knee hitch up, point right side right
- &3&4 ¼ left (3:00) right knee hitch up, point right side right, ¼ left (12:00) right knee hitch up, step right beside left

The above 4 counts, roll hands overhead in a circle to the left, 4 times during turns

- 5-6 Swing both arms to left overhead and bounce heels, swing both arms to right overhead and bounce heels
- 7-8 Swing both arms to left overhead and bounce heels, swing both arms to right overhead and bounce heels

RIGHT FORWARD, LEFT TOGETHER, RIGHT FORWARD, LEFT TOUCH, LEFT BACK, RIGHT TOGETHER, LEFT BACK, RIGHT TOUCH

- 1-4 Step right forward, step left beside right, step right forward, touch left beside right and click fingers
- 5-8 Step left back, step right beside left, step left back, touch right beside left and click fingers

HIP ROLLS WITH ¾ TURN LEFT (BEND KNEES DURING HIP ROLLS, PIVOTING ON BALL OF BOTH FEET)

- 1 Move left hip forward, right hip backward start slow ¾ turn left
- 2 Move right shoulder forward, left shoulder backward
- 3 Move left shoulder forward, right shoulder backward

- 4 Move right shoulder forward, left shoulder backward
- 5 Move left hip forward, right hip backward
- 6 Move right shoulder forward, left shoulder backward
- 7 Move left shoulder forward, right shoulder backward complete $\frac{3}{4}$ turn left(3:00)
- 8 Move right shoulder forward, left shoulder backward

REPEAT
