

# Mas Macarena

Count: 48

Wall: 4

Level: Phrased Intermediate

Choreographer: Wil Bos (NL) - May 2017

Music: "Mas Macarena" by Gente De Zona ft. Los Del Rio (album: Mas Macarena) 104 bpm



Start after 32 counts on vocals - Sequence: AA, BBB, AA, BB, AA, B

## PART A: 16 counts

### A1: Macarena Movements 1

- 1 hips right, stretch R arm forward, palm down
- 2 hips left, stretch L arm forward, palm down
- 3 hips right, turn R palm upwards
- 4 hips left, turn L palm upwards
- 5-6 hips right and put R hand on L shoulder, hips left and put L hand on R shoulder
- 7-8 hips right and put R hand behind your head, hips left and put L hand behind your head

### A2: Macarena Movements 2

- 1-2 hips right and put R hand on L hip, hips left and put L hand on R hip
- 3-4 hips right and put R hand on R bottom, hips left and put L hand on L bottom
- 5-6 turn hips around ccw
- 7-8 release hands and jump  $\frac{1}{4}$  left [9]

## PART B: 32 counts

### B1: Half Box, Fwd, Touch Behind, Back, Sweep, Behind Side Cross, Chassé $\frac{1}{4}$ R

- 1&2 RF step side, LF together, RF step forward [6]
- 3&4& LF step forward, RF touch behind, RF step back, LF sweep back
- 5&6 LF cross behind, RF step side, LF cross over
- 7&8 RF step side, LF together, RF  $\frac{1}{4}$  right step forward [9]

### B2: Chase $\frac{1}{2}$ R, Triple Full Turn L, Fwd, Scuff, Out Out, Together, Cross, Side

- 1&2 LF step forward, L+R  $\frac{1}{2}$  turn right, LF step forward
- 3&4 RF  $\frac{1}{2}$  left step back, LF  $\frac{1}{2}$  left step forward, RF step forward
- 5&6& LF step forward, RF scuff, RF step right forward (out), LF step side (out)
- 7&8 RF step beside, LF cross over, RF step side [3]

### B3: Rock Behind Recover Side, Sailor $\frac{1}{4}$ R, Step Lock Step Fwd, Rock Fwd Recover, $\frac{1}{4}$ R Side

- 1&2 LF rock behind, RF recover, LF step side
- 3&4 RF  $\frac{1}{4}$  right cross behind, LF step beside, RF step slightly forward
- 5&6 LF step forward, RF lock behind, LF step forward
- 7&8 RF rock forward, LF recover, RF  $\frac{1}{4}$  right step side [9]

### B4: Cross Samba, $\frac{1}{8}$ L Fwd, Touch Behind, Back, Sweep, Sailor $\frac{1}{2}$ R, $\frac{1}{8}$ R Rock Side Recover Cross

- 1&2 LF cross over, RF rock side, LF recover
- 3&4& RF  $\frac{1}{8}$  left step forward, LF touch behind, LF step back, RF sweep back [7.30]
- 5&6 RF  $\frac{1}{2}$  right cross behind, LF step beside, RF step slightly forward
- 7&8 LF  $\frac{1}{8}$  right rock side, RF recover, LF cross over [3]

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