

Macarena My Way

Compte: 64

Mur: 1

Niveau: Beginner

Chorégraphe: Rosalee Musgrave (USA)

Musique: Macarena - Los del Río



Work in lines of two. Line two behind line one. Line two - take one step to right to create a window. Repeat for lines 3 & 4, etc

INTRODUCTION

Do these first 8 counts only at the beginning of the dance

4 TRIPLES IN PLACE

- 1&2 Right triple in place (right, left, right)
- 3&4 Left triple in place (left, right, left)
- 5&6 Right triple in place (right, left, right)
- 7&8 Left triple in place (left, right, left)

THE MAIN DANCE

4 TRIPLES BACKWARD OR FORWARD (LINES EXCHANGE PLACES)

Line one and line two will change places on the second triple

- 9&10 Right triple (right, left, right) begin moving forward or backward depending on which line you are dancing in. Line one move backward. Line two move forward
- 11&12 Left triple (left, right, left) lines should be in one straight line, shoulder to shoulder
- 13&14 Right triple (right, left, right) lines continue to move forward or backward. Line one moving backward. Line two moving forward
- 15&16 Left triple (left, right, left) lines continue to move forward or backward. Line one moving backward. Line two moving forward

VINE RIGHT, CLAP, VINE LEFT, CLAP

- 17-20 Step side on right, cross left behind right, step side right, touch left beside right clapping on the touch
- 21-24 Step side on left, cross right behind left, step side left, touch right beside left clapping on the touch

4 TRIPLES BACKWARD OR FORWARD (LINES EXCHANGE PLACES)

The line that is now in front will change places with back line on second triple. You will now be in your original starting place.

- 25&26 Right triple (right, left, right) front line begin moving backward. Back line begin moving forward
- 27&28 Left triple (left, right, left) lines should be in one straight line, shoulder to shoulder
- 29&30 Right triple (right, left, right) lines continue to move backward or forward. Front line moving backward. Back line moving forward
- 31&32 Left triple (left, right, left) lines continue to move backward or forward ending in your original starting position

VINE RIGHT, CLAP, VINE LEFT, CLAP

- 33-36 Step side on right, cross left behind right, step side right, touch left beside right clapping on the touch
- 37-40 Step side on left, cross right behind left, step side left, touch right beside left clapping on the touch

RIGHT ARM OUT, LEFT ARM OUT, RIGHT PALM UP, LEFT PALM UP WITH ALTERNATING TRIPLES

- 41&42 Point right arm straight forward palm down, doing a right triple in place at same time
- 43&44 Point left arm straight forward palm down, doing a left triple in place at same time

- 45&46 Turn right arm palm up, doing a right triple in place at same time
47&48 Turn left arm palm up, doing a left triple in place at same time

CROSS RIGHT ARM, CROSS LEFT ARM, COVER RIGHT EAR, COVER LEFT EAR WITH ALTERNATING TRIPLES

- 49&50 Right hand across chest touching left shoulder, doing a right triple in place at same time
51&52 Left hand across chest touching right shoulder, doing a left triple in place at same time
53&54 Place right hand over right ear, doing a right triple in place at same time
55&56 Place left hand over left ear, doing a left triple in place at same time

RIGHT HAND TO LEFT HIP, LEFT HAND TO RIGHT HIP, RIGHT HAND TO RIGHT HIP, LEFT HAND TO LEFT HIP WITH ALTERNATING TRIPLES

- 57&58 Right hand on front of left hip, doing a right triple in place at same time
59&60 Left hand on front of right hip, doing a left triple in place at same time
61&62 Right hand on back of right hip, doing a right triple in place at same time
63&64 Left hand on back of left hip, doing a left triple in place at same time

REPEAT

When danced as an exhibition at a Senior Living Campus, have the staff participate. The seated audience participates during arm movements.
