

# Macarena 2025

拍数: 32      墙数: 4      级数: Low Intermediate  
编舞者: Stefani Izaak (INA) & Kani Ilenak (INA) - February 2025  
音乐: Macarena - Pietro Lombardi



**Note :** Restart on Wall 3 & 7 after 16 count

## **Sec. 1 : CROSS SHUFFLE, HITCH, CROSS SHUFFLE, FORWARD MAMBO, BACK MAMBO, ¼ TURN L SAILOR**

1&2&      Cross R over L, step L to left side, cross R over L, hitch L knee up  
3&4      Cross L over R, step R to right side, cross L over R  
5 & 6      Step R forward, Recover on L, Step R next to L.  
7 & 8      step R behind L turn 1/4 L, Step R to side, L to side. (9:00)

## **Sec. 2 : SYNCOPATED WEAVE, BOTAFOGO, (2X)**

1& - 2&      Cross R over L, step L to side, cross R behind L, step L to side  
3 - a4      Cross R over L, step L to side, recover on R  
5& - 6&      Cross L over R, step R to side, cross L behind R, step R to side  
7 - a8      Cross L over R, step R to side, recover on L

## **Sec 3 : ¼ TURN R, COASTER Step, SAMBA WHISK LR**

1 2      Cross R over L, 1/4 R stepping L back  
3 & 4      RF step back, LF close to RF, RF step forward (12:00)  
5 a 6      Step L to side, Cross R behind L, Recover on L.  
7 a 8      Step R to side, Cross L behind R, Recover on R.

## **Sec. 4 : ¼ TURN R SYNCOPATED ROCK, L CROSS, SPIRAL, SIDE POINT, SIDE POINT, FORWARD STEP 2X (L-R)**

1&2      Step R forward, recover on L, Cross R over L  
3 4      Step L beside RF and spiral a full turn over R shoulder, taking weight onto L, Step R to side Touch  
& 5&6      Step R next to L, Step L to side Touch, Step L next to R place, Step R to side Touch  
& 7 8      Step R next to L, Stepping L Forward, Step R next to L

**\*Start from the top**

**Enjoy the Dance**

Email:  
nicolalenak@gmail.com  
stefanirizaak@gmail.com

**Last Update - 20 Feb 2025**