

Hey Macarena

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Abadi Haria (INA), Katarina Sherrina (INA) & Marchy Susilani (HK) - February 2025
音乐: Kalle 6 (Macarena) - DJ LKM



No Tag & 1 Restart : On Wall 2 after 16C

S1. TOUCHES - BOTAFOGO

- 1 2. Touch R toe over LF, Touch R toe to R
- 3&4. Cross RF over LF, Rock LF ball to L, Recover onto RF
- 5 6. Touch L toe over RF, Touch L toe to L
- 7&8. Cross LF over RF, Rock RF ball to R, Recover onto LF

S2. FORWARD ROCK - RECOVER , BACK SHUFFLE, BACKWARD ROCK - RECOVER, ½R. BACK SHUFFLE

- 1 2. Rock RF forward, Recover onto LF
- 3&4. Step back on RF, Step LF beside RF, Step back on RF
- 5 6. Rock back on LF, Recover onto RF
- 7&8. Turn ½R. Step back on LF, Step RF beside LF, Step back on LF

S3. ARM STYLING , TAP HIPS, HIPS ROLL

- 1234. Extend right hand fwd, extend left hand fwd, stretch right arm to R, Stretch left arm to L
- 5 6. Tap Right hand to R hips, Tap Left hand to L hips
- 7 8. Rotate your hips counterclockwise (2C)

S4. SYNCOPATED CROSS, SIDE ROCK - ¼R. RECOVER, FORWARD SHUFFLE

- 1&2&3&4. Cross RF over LF, Step LF to L (3X), Cross RF over LF
- 5 6. Rock LF to L, ¼Turn R. Recover on RF
- 7&8. Step LF fwd, Step RF beside LF, Step LF fwd

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