

Macarena (Wheelchair)

COPPER KNOB
STEPSHEETS

拍数: 16 墙数: 4
编舞者: Maria Frye
音乐: Macarena - Los del Mar

级数: Beginner wheelchair dance



Adapted for wheelchair dancers by Brenda Jeffery

RIGHT ARM OUT, LEFT ARM OUT, RIGHT PALM UP, LEFT PALM UP

- 1 Point right arm straight forward
- 2 Point left arm straight forward
- 3 Turn right arm palm up
- 4 Turn left arm palm up

FOLD RIGHT ARM- FOLD LEFT ARM, COVER RIGHT EAR, COVER LEFT EAR

- 5 Place right hand on left upper arm
- 6 Place left hand on right upper arm
- 7 Place right hand over right ear
- 8 Place left hand over left ear

RIGHT TO LEFT HIP OR LEG, LEFT TO RIGHT HIP OR LEG, RIGHT TO RIGHT WHEEL, LEFT TO LEFT WHEEL

- 9 Place right hand on front of left hip or on left thigh
- 10 Place left hand on front of right hip or on right thigh
- 11 Place right hand on right wheel
- 12 Place left hand on left wheel

¼ ROLL TO LEFT

- 13-16 Roll ¼ turn to left over 4 counts

REPEAT
