

Macarena Samba

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 1 级数: Intermediate
编舞者: Derrick Goh (SG)
音乐: Macarena (Bayside Boys Mix) - Los Del Rio & Matrix



Sequence: Start after 32 counts. AB, AB, BA, B(1-16), TAG, B(17-32), AA, A(1-16)

INTRO (24 COUNTS): SYNCOPATED FORWARD LOCK-STEP, RIGHT AND LEFT X3

- 1& Step forward on right, lock left behind right
- 2& Step forward on right, lock left behind right
- 3&4 Step forward on right, lock left behind right, step forward on right
- 5-8 Repeat counts 1-4 on opposite foot
- 9-16 Make ½ turn right on ball of left and repeat counts 1-8
- 17-24 Repeat counts 9-16

PART A

MACARENA MOVEMENTS WITH HIP-SWAY RIGHT AND LEFT

- 1 Extend right arm straight in front with palm facing down, hold
- 2 Extend left arm straight in front with palm facing down, hold
- 3 Turn right hand over with palm facing up, hold
- 4 Turn left hand over with palm facing up, hold
- 5 Touch left shoulder with right hand, hold
- 6 Touch right shoulder with left hand, hold
- 7 Touch back of head with right hand, hold
- 8 Touch back of head with left hand, hold
- 9 Touch right hand in front of left hip, hold
- 10 Touch left hand in front of right hip, hold
- 11 Place right hand behind right hip, hold
- 12 Place left hand behind left hip, hold
- 13-14-15 Sway hips left, right, left
- &16 Make ¼ turn left and jump forward right, left (feet apart)
- 17-32 Repeat counts 1-16

Hold onto preceding arm position as you do the next movement

PART B

SAMBA MOVEMENTS, WHISK RIGHT & LEFT, FULL-TURN SPOT VOLTA TO RIGHT (PADDLE-TURN)

- 1&2 Step right to side, cross left behind right on ball of foot, step right in place
- 3&4 Step left to side, cross right behind left on ball of foot, step left in place
- 5&6 Step right slightly to right, toe turn out, paddle left to left with ball of foot, replace weight to right continuing right turn
- &7&8 Continuing paddle-turn to right completing full-turn

WHISK TO LEFT & RIGHT, 1 ¼ TURN SPOT VOLTA TO LEFT (PADDLE-TURN)

- 9-16 Repeat counts 1-8 on opposite foot

STATIONARY SAMBA-WALK RIGHT & LEFT, BOTA FOGOS (SAMBA STEP)

- 17&18 Step right beside left slightly forward, step left back on ball of foot, draw right back about 3 inches
- 19&20 Step left beside right slightly forward, step right back on ball of foot, draw left back about 3-inches
- 21-24 Repeat counts 17-20
- 25&26 Cross right over left, step left to side on ball of foot, replace weight on right

27&28 Cross left over right, step right to side on ball of foot, replace weight on left
29-32 Repeat counts 25-28 (turn $\frac{1}{4}$ left on count 32)

TAG

Bump left hip and clap hands for 6 counts (dance only once at 9:00 wall)

FINISH

For the last "A" sequence 16 counts, turn $\frac{1}{2}$ left (instead of $\frac{1}{4}$) and jump forward to face front wall (12:00) with hands on back of hips
