

Raquarena

拍数: 32 墙数: 2 级数:
编舞者: Peter Heath (AUS)
音乐: Macarena - Los del Mar



Assume right handed tennis player

BOUNCE BALL TWICE, THROW, SERVE

- 1-2 Bounce an imaginary ball on the ground with left hand, twice
- 3 Throw imaginary ball in air with left hand
- 4 Hit overhead ball with imaginary racket in right hand

FORWARD RUN 3, BACKHAND VOLLEY

- 5-7 Step forward right foot, step forward left foot, step forward right foot
- 8 Hit ball with imaginary racket with backhand

BEHIND VINE 3, FOREHAND; BEHIND VINE 3, BACKHAND

- 9-11 Cross left foot behind right foot, step right foot to right, cross left foot in front of right foot
- 12 Hit ball with imaginary racket with forehand
- 13-15 Cross right foot behind left foot step left foot to left, cross right foot in front of left foot
- 16 Hit ball with imaginary racket with backhand

BEHIND VINE 3, FOREHAND; BEHIND VINE 3, BACKHAND

- 17-24 Repeat beats 9-16

BACK 3, JUMP & SMASH; (LEFT) BASKETBALL 2, FORWARD & CLAP TRIPLE

- 25-27 Step back left foot, step back right foot, step back left foot
- 28 Jump and hit overhead ball with imaginary racket in right hand, land on both feet but weight to the right
- 29-30 Rock forward left foot turning ½ right, recover right foot leaving left foot behind right
- 31-32 Step forward left foot and clap / clap, clap

REPEAT

Variation: All hits of the ball can be enhanced with Monica Seles Grunts if required.