

Macarena

拍數: 64 牆數: 2 級數: Phrased Beginner
編舞者: Michelle Fong (AUS) & DI Beam Dances - April 2019
音樂: Macarena - Los del Río : (Album:Lo Mejor Del '95 Boom, Vol. 1)



Intro: 32 counts start on Lyric - Phrased: A, B, A, B, A, TAG, B, A, B, A, A, A (8)

PART A: 32 COUNTS MACARENA MOVEMENTS (12.00, 12.00, 12.00, 12.00, 12.00, 6.00,12.00)

ARM OUT R-L, PALM UP R-L WITH WEIGHT SHIFT ALTERNATELY R TO L

- 1 Push hips R & extend R arm FWD with palm down (12.00)
- 2 Push hips L & extend L arm FWD with palm down
- 3 Push hips R & turn R palm up
- 4 Push hips L & turn L palm up

CROSS HAND OVER ARM R-L, HAND BEHIND HEAD R-L WITH WEIGHT SHIFT ALTERNATELY R TO L

- 5 Push hips R & Place R hand on L upper arm
- 6 Push hips L & Place L hand on R upper arm
- 7 Push hips R & Place R hand behind your head
- 8 Push hips L & Place L hand behind your head

CROSS HAND OVER HIP R-L, HAND BEHIND BUMP R-L, WITH WEIGHT SHIFT ALTERNATELY R TO L HIP ROLLS & 1/4L JUMP

- 1-2 Hips R & Place R hand on L hip, Hips L & Place L hand on R hip
- 3-4 Hips R & Place R hand on R bottom, Hips L & Place L hand on L bottom
- 5-6 Turn hips around ccw
- 7-8 Release hands and 1/4L jump (9.00)

[17-32] Repeat count [1-16] [6.00]

Note: Keep knees flexed and transfer weight from side to side with each beat of music, let the hips sway side to side with heel movements. When doing the 3rd A NO turns stay on 12.00 as you will be doing the TAG on 12.00

PART B: 32 COUNTS (6.00)

SIDE, BEHIND, SIDE, TOUCH, SIDE, BEHIND, SIDE, TOUCH

- 1-2-3-4 Step R to R, Step L behind R, Step R to R, Touch L beside R
- 5-6-7-8 Step L to L, Step R behind L, Step L to L, Touch R beside L

BACK, TOUCH, FWD, SCAFF, 1/4L SIDE, BEHIND, SIDE, TOUCH

- 1-2-3-4 Step R back, Touch L beside R, Step L FWD, Scaff R
- 5-6-7-8 1/4L step R to R, Step L behind R, Step R to R, Touch L beside R (6.00)

SIDE, BEHIND, SIDE, TOUCH, BACK, TOUCH, FWD, SCAFF

- 1-2-3-4 Step L to L, Step R behind L, Step L to L, Touch R beside L
- 5-6-7-8 Step R back, Touch L beside R, Step L FWD, Scaff R

1/4L SIDE, BEHIND, SIDE, TOUCH, SIDE, BEHIND, SIDE, TOUCH

- 1-2-3-4 1/4L step R to R, Step L behind R, Step R to R, Touch L beside R (3.00)
- 5-6-7-8 Step L to L, Step R behind L, Step L to L, Touch R beside L

TAG (16 counts) (12.00) – claps while doing the Tag

1/4R FWD-LOCK, FWD-LOCK, FWD-LOCK-FWD, 1/2L FWD-LOCK, FWD-LOCK, FWD-LOCK-FWD X 2

- 1&2&3&4 1/4R step R FWD, Lock L behind R, Step R FWD, Lock L behind R (3.00) Step R FWD, Lock L behind R, Step R FWD

5&6&7&8 1/2L step L FWD, Lock R behind L, Step L FWD, Lock R behind L (9.00) step L FWD, Lock R behind L, Step L FWD

[9-16] Repeat count [1-8] [6.00]

Contact: m2m.linedance@gmail.com (contact me if you have problems with the music) remodified April 2019
