

# Macarena (Sitting Version)

**COPPER KNOB**  
STEPSHEETS

拍數: 16      牆數: 1  
編舞者: Maria Frye  
音樂: Macarena - Los del Mar



Adapted for sitting dancers by Suzanne Hoffmann

## RIGHT ARM, LEFT ARM, RIGHT PALM, LEFT PALM

- 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, RIGHT EAR, 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 THIGH, LEFT TO RIGHT THIGH, RIGHT TO RIGHT THIGH, LEFT TO LEFT THIGH

- 1            Place right hand on left thigh
- 2            Place left hand on right thigh
- 3            Place right hand on right thigh
- 4            Place left hand on left thigh

## HAND AND UPPER BODY CIRCLE

- 5-8            Roll upper body to the right full turn while making a large circle with your hands palm down

## REPEAT

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