

MACARENA

MUSIC: Macarena by Los Del Mar

PREPARED BY: Knox Rhine

ALTERNATING HEEL DROPS:

- 1 Point RIGHT arm straight forward, palm down, Lift L heel, drop R heel
- 2 Point LEFT arm straight forward, palm down, Lift R heel, drop L heel
- 3 Turn RIGHT arm, palm up, Lift L heel, drop R heel
- 4 Turn LEFT arm, palm up, Lift R heel, drop L heel

FOLD R ARM, FOLD L ARM / COVER RIGHT EAR, COVER LEFT EAR:

- 5 Place RIGHT hand on left upper arm, Lift LEFT heel, drop RIGHT heel
- 6 Place LEFT hand on right upper arm, Lift RIGHT heel, drop LEFT heel
- 7 Place RIGHT hand over right ear, Lift LEFT heel, drop RIGHT heel
- 8 Place LEFT hand over left ear, Lift RIGHT heel, drop LEFT heel

RIGHT TO L HIP, LEFT TO R HIP / RIGHT TO R HIP, LEFT L HIP:

- 9 Place RIGHT hand on front of left hip, Lift LEFT heel, drop RIGHT heel
- 10 Place LEFT hand on front of right hip, Lift RIGHT heel, drop LEFT heel
- 11 Place RIGHT hand on right hip, Lift LEFT heel, drop RIGHT heel
- 12 Place LEFT hand on left hip, Lift RIGHT heel, drop LEFT heel

HIP ROLLS WITH 1/4 TURN LEFT:

(Bend Knees during hip rolls Pivoting on ball of both feet)

- 13 Move LEFT hip forward, RIGHT hip backwards Start slow 1/4 turn left
- & Move RIGHT shoulder forward, LEFT shoulder backwards
- 14 Move LEFT shoulder forward, RIGHT shoulder backwards
- & Move RIGHT shoulder forward LEFT shoulder backwards
- 15 Move LEFT hip forward, RIGHT hip backwards
- & Move RIGHT shoulder forward, LEFT shoulder backwards
- 16 Move LEFT shoulder forward, RIGHT shoulder backwards
- Complete 1/4 turn left
- & Move RIGHT shoulder forward, LEFT shoulder backwards

REPEAT