

Mas Macarena (Mei 2017)

Choreographer : Wil

Type of dance : 4 wall linedance

Level : Phrased Intermediate

Counts : 48

Intro: 32 counts on vocals

Sequence: AA, BBB, AA, BB, AA, B

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Music : Mas Macarena

Artist : Gente De Zona ft. Los Del Rio

BPM : 104

[Dancevideo](#)

PART A: 16 counts

A1: Macarena Movements 1

1hips right, stretch R arm forward, palm down

2hips left, stretch L arm forward, palm down

3hips right, turn R palm upwards

4hips left, turn L palm upwards

5-6hips right and put R hand on L shoulder, hips left and put L hand on R shoulder

7-8hips right and put R hand behind your head, hips left and put L hand behind your head

A2: Macarena Movements 2

1-2hips right and put R hand on L hip, hips left and put L hand on R hip

3-4hips right and put R hand on R bottom, hips left and put L hand on L bottom

5-6turn hips around ccw

7-8release hands and jump ¼ left [9]

PART B: 32 counts

B1: Half Box, Fwd, Touch Behind, Back, Sweep, Behind Side Cross, Chassé ¼ R

1&2RF step side, LF together, RF step forward [6]

3&4&LF step forward, RF touch behind, RF step back, LF sweep back

5&6LF cross behind, RF step side, LF cross over

7&8RF step side, LF together, RF ¼ right step forward [9]

B2: Chase ½ R, Triple Full Turn L, Fwd, Scuff, Out Out, Together, Cross, Side

1&2LF step forward, L+R ½ turn right, LF step forward

3&4RF ½ left step back, LF ½ left step forward, RF step forward

5&6&LF step forward, RF scuff, RF step right forward (out), LF step side (out)

7&8RF step beside, LF cross over, RF step side [3]

B3: Rock Behind Recover Side, Sailor ¼ R, Step Lock Step Fwd, Rock Fwd Recover, ¼ R Side

1&2LF rock behind, RF recover, LF step side

3&4RF ¼ right cross behind, LF step beside, RF step slightly forward

5&6LF step forward, RF lock behind, LF step forward

7&8RF rock forward, LF recover, RF ¼ right step side [9]

B4: Cross Samba, ⅛ L Fwd, Touch Behind, Back, Sweep, Sailor ½ R, ⅛ R Rock Side Recover Cross

1&2LF cross over, RF rock side, LF recover

3&4&RF ⅛ left step forward, LF touch behind, LF step back, RF sweep back [7.30]

5&6RF ½ right cross behind, LF step beside, RF step slightly forward

7&8LF ⅛ right rock side, RF recover, LF cross over [3]