

MACARENA Line Dance

DESCRIPTION: 4 wall, stationary - COUNTS: 16 – LEVEL: beginner – CHOREOGRAPHER: Unknown
MUSIC: Macarena by Los Del Mar – PREPARED BY: Knox Rhine – SUBMITTED BY: Judy Rice
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.

A. COUNTS / STEP DESCRIPTIONS RIGHT ARM OUT, LEFT ARM OUT / RIGHT PALM UP, LEFT PALM UP WITH ALTERNATING HEEL DROPS:

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

B. FOLD RIGHT ARM, FOLD LEFT 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

C. RIGHT TO LEFT HIP, LEFT TO RIGHT HIP / RIGHT TO RIGHT HIP, LEFT TO LEFT 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

D. 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

Good hip motion is essential to this dance. Now you can show everyone how to dance the Macarena at your next party!

1. Right hand goes out palm down.
2. Left hand goes out palm down.
3. Right palm up.
4. Left palm up.
5. Right hand to left shoulder.

6. Left hand to right shoulder.

7. Right hand to right back of ear.

8. Left hand to left back of ear.

9. Right hand to left hip.

10. Left hand to right hip.

11. Right hand to right buns.

12. Left hand to left buns.

13. Roll hips with hands on buns.

14. Roll hips with hands on buns.

15. Roll hips with hands on buns.

16. With small jump turn 1/4 turn to right, hands still on buns and hips rolling.

There is some debate over whether the turn is to the left, or to the right. If you "double-time" your hip rolls (in Spanish/Latin dance style), the natural action is to the right, while people with only normal energy levels often use a single-time hip roll, in which case it's easier to turn to the left.

Do your own thing!

Happy Dancing !!!

Submitted by:

Andrew Wild
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