

Mas Macarena

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Count: 48

Wall: 4

Level: Phrased Intermediate

Choreographer: Wil Bos - May 2017

Music: "Mas Macarena" by Gente De Zona ft. Los Del Rio (album: Mas Macarena) 104 bpm

Start after 32 counts on vocals - Sequence: AA, BBB, AA, BB, AA, B

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 $\frac{1}{4}$ left [9]

PART B: 32 counts

B1: Half Box, Fwd, Touch Behind, Back, Sweep, Behind Side Cross, Chassé $\frac{1}{4}$ 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 $\frac{1}{4}$ right step forward [9]

B2: Chase $\frac{1}{2}$ R, Triple Full Turn L, Fwd, Scuff, Out Out, Together, Cross, Side

1&2LF step forward, L+R $\frac{1}{2}$ turn right, LF step forward

3&4RF $\frac{1}{2}$ left step back, LF $\frac{1}{2}$ 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 $\frac{1}{4}$ R, Step Lock Step Fwd, Rock Fwd Recover, $\frac{1}{4}$ R Side

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

3&4RF $\frac{1}{4}$ 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 $\frac{1}{4}$ right step side [9]

B4: Cross Samba, $\frac{1}{8}$ L Fwd, Touch Behind, Back, Sweep, Sailor $\frac{1}{2}$ R, $\frac{1}{8}$ R Rock Side Recover Cross

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

3&4&RF $\frac{1}{8}$ left step forward, LF touch behind, LF step back, RF sweep back [7.30]

5&6RF $\frac{1}{2}$ right cross behind, LF step beside, RF step slightly forward

7&8LF $\frac{1}{8}$ right rock side, RF recover, LF cross over [3]

Wil Bos Line Dancers - www.wbos.nl - info@wbos.nl - mobiel +31 653 53 18 23

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