

Mas Macarena



Choreographer : Wil Bos
Walls : 4 wall phrased line dance
Level : Intermediate
Counts : part A 16, part B 32
Sequence : AA, BBB, AA, BB, AA, B
Info : 104 Bpm - Start after 32 counts on vocals
Music : "Mas Macarena" by Gente De Zona ft. Los Del Rio (album: Mas Macarena)

PART A

Macarena Movements 1

- 1 hips right, stretch R arm forward, palm down
- 2 hips left, stretch L arm forward, palm down
- 3 hips right, turn R palm upwards
- 4 hips left, turn L palm upwards
- 5-6 hips right and put R hand on L shoulder, hips left and put L hand on R shoulder
- 7-8 hips right and put R hand behind your head, hips left and put L hand behind your head

Macarena Movements 2

- 1-2 hips right and put R hand on L hip, hips left and put L hand on R hip
- 3-4 hips right and put R hand on R bottom, hips left and put L hand on L bottom
- 5-6 turn hips around ccw
- 7-8 release hands and jump ¼ left [9]

PART B

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

- 1&2 RF step side, LF together, RF step forward [6]
- 3&4& LF step forward, RF touch behind, RF step back, LF sweep back
- 5&6 LF cross behind, RF step side, LF cross over
- 7&8 RF step side, LF together, RF ¼ right step forward [9]

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

- 1&2 LF step forward, L+R ½ turn right, LF step forward
- 3&4 RF 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&8 RF step beside, LF cross over, RF step side [3]

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

- 1&2 LF rock behind, RF recover, LF step side
- 3&4 RF ¼ right cross behind, LF step beside, RF step slightly forward
- 5&6 LF step forward, RF lock behind, LF step forward
- 7&8 RF rock forward, LF recover, RF ¼ right step side [9]

Cross Samba, ⅓ L Fwd, Touch Behind, Back, Sweep, Sailor ½ R, ⅓ R Rock Side Recover Cross

- 1&2 LF cross over, RF rock side, LF recover
- 3&4& RF ⅓ left step forward, LF touch behind, LF step back, RF sweep back [7.30]
- 5&6 RF ½ right cross behind, LF step beside, RF step slightly forward
- 7&8 LF ⅓ right rock side, RF recover, LF cross over [3]