

Macarena

Choreographed by Maria Frye

Description: 16 count, 1 wall, ultra beginner seated dance

Musik: Macarena by Los Del Mar [EP]

Adapted for sitting dancers by Suzanne Hoffmann

RIGHT ARM, LEFT ARM, RIGHT PALM, LEFT PALM

- 1 Point right arm straight forward
- 2 Point left arm straight forward
- 3 Turn right arm palm up
- 4 Turn left arm palm up

FOLD RIGHT ARM, FOLD LEFT ARM, RIGHT EAR, LEFT EAR

- 5 Place right hand on left upper arm
- 6 Place left hand on right upper arm
- 7 Place right hand over right ear
- 8 Place left hand over left ear

RIGHT TO LEFT THIGH, LEFT TO RIGHT THIGH, RIGHT TO RIGHT THIGH, LEFT TO LEFT THIGH

- 1 Place right hand on left thigh
- 2 Place left hand on right thigh
- 3 Place right hand on right thigh
- 4 Place left hand on left thigh

HAND AND UPPER BODY CIRCLE WITH ¼ TURN

- 5-8 Roll upper body to the right ¼ turn while making a large circle with your hands palm down

REPEAT