

HEEL TOUCHES

- 1 - 2 Right heel touch forward, right foot step beside left
3 - 4 Left heel touch forward, left foot step beside right
5 - 8 Repeat first four steps

DOUBLE TIME SYNCOPATED SIDE STEPS / TURN X 3

- 9 Right foot step right
& Left foot step beside right
10 Right foot step right
& Left foot step beside right
11 Right foot step right
12 Left foot touch beside right clap
13 Left foot step left
& Right foot step beside left
14 Left foot step left
& Right foot step beside left
15 Left foot step left turning to the left
16 Right foot touch beside left clap
17 - 24 Repeat steps 9-16

STRUTS FORWARD / WALK (BACK)

- 25 Step right heel forward
26 Slap right toe down
27 Step left heel forward
28 Slap left toe down
29 - 32 Repeat steps 25-28
33 Right foot stomp back
34 Left foot stomp back
35 Right foot stomp back
36 Left foot stomp beside right

MACARENA

- 37 Extend right arm parallel with the floor, palm down
& Extend left arm parallel with the floor, palm down
38 In a sweeping motion rotate right arm to palm up
& In a sweeping motion rotate left arm up
39 Place right hand on left shoulder
& Place left hand on right shoulder
40 Place right hand on right ear
& Place left hand on left ear
41 Place right hand on left hip
& Place left hand on right hip
42 Slap right hand on right butt
& Slap left hand on left butt
43 - 45 Grind hips
46 Jump turn to the left
47 Clap
48 Clap

REPEAT