

Mas Macarena

48 Count, 4 Wall, Intermediate (Phrased)

Choreographer: Wil Bos (NL) May 2017

Choreographed to: Mas Macarena by Gente De Zona,
ft. Los Del Rio.

Album: Mas Macarena

Counts: Part A 16, Part B 32
Sequence: AA, BBB, AA, BB, AA, B
Info: 104 Bpm - Start after 32 counts on vocals

Part A**Section 1****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

Section 2**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 $\frac{1}{4}$ left [9]

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

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

- 1&2 LF step forward, L+R $\frac{1}{2}$ turn right, LF step forward
- 3&4 RF $\frac{1}{2}$ 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&8 RF step beside, LF cross over, RF step side [3]

Section 3**Rock Behind Recover Side, Sailor $\frac{1}{4}$ R, Step Lock Step Fwd, Rock Fwd Recover, $\frac{1}{4}$ R Side**

- 1&2 LF rock behind, RF recover, LF step side
- 3&4 RF $\frac{1}{4}$ 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 $\frac{1}{4}$ right step side [9]

Section 4**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&2 LF 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&6 RF $\frac{1}{2}$ right cross behind, LF step beside, RF step slightly forward
- 7&8 LF $\frac{1}{8}$ right rock side, RF recover, LF cross over [3]