

Macarena

- 1. Extend your right arm straight out in front of your right shoulder, palm down
- 2. Extend your left arm straight out in front of your left shoulder, palm down
- 3. Turn your right hand over so that the palm is facing up
- 4. Turn your left hand over so that the palm is facing up
- 5. Bring your right hand to your left shoulder
- 6. Bring your left hand to your right shoulder
- 7. Bring your right hand out from underneath your crossed left arm in order to put the right hand on the right, back side of your head
- 8. Bring your left hand from your right shoulder to the left rear side of your head
- 9. Bring your right hand to your left hip
- 10. Bring your left hand to your right hip
- 11. Uncross your right hand by bringing it out from under your left hand and placing it your right hip
- 12. Bring your left hand from your right hip to your left hip
- 13. Wiggle your hips to the music
- 14. On the last count of the phrase, jump straight up in the air and do a quarter turn to the right
- 15. Repeat the dance in this direction, and subsequently the remaining two directions so that eventually you have performed the dance for audience members in all four directions











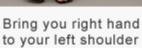
Extend your right arm straight out in front of your right shoulder, palm down

Extend your left arm straight out in front of your left shoulder, palm down

Turn your right hand over so that the palm is facing up

Turn your left hand over so that the palm is facing up







Bring your left hand to your right shoulder



Bring your right hand out from underneath your crossed left arm and place it on the back right side of your head



Bring your left hand from your right shoulder to the left rear side of your head





Bring your right hand to your left hip

Bring your left hand to your right hip

Uncross your right hand and bring it to the back of your right hip

Bring your left hand from your right hip to the back of your left hip



Wiggle your hips to the music

On the last count of the phrase, jump straight up inthe air and do a quarter turn to the right