

HEY MACARENA CHA

Choreographer: Mike Seurer 3200 N. Garden Ave. Roswell, NM 88201.(505)622-5363

Record: GMP 502B, "Macarena"

Phase: III+2(Alemana, Umbrella Turns)

Speed: 45-46 rpm

Rhythm: Cha-Cha

Time:

Footwork" Opposite,except as noted

Sequence: INTRO AB A BREAK C B ABCD BREAK B A ENDING

INTRODUCTION

1----4 WAIT 4 MEAS;;;:
1-4 In Both M and W inTandem fcg LOD, hands on hips wait 4 meas;;;;

PART A

1----4 WALK TWO.CHA;WALK TWO. CHA;CUCARACHAS;:
1-2 Fwd L, fwd R, fwd L/cl R,fwd L;Fwd R, fwd L, fwd R/cl L,fwd R;
3-4 Rk sd L ,rec R, sd L/cl R, sd L; Rk sd R, rec L, sd R/cl L,sd R;
5----8 CIRCLE CHA;: NEW YORKERS;:
5-6 Fwd L trn LF 1/4, fwd R, fwd L/cl R,fwd L trn to fc/ptr; Fwd R, fwd L,
fwd R/cl L, fwd R to BFLY/WALL;
7-8 Rk thru L twd RLOD to LOP, rec R to BFLY/WALL, sd L/cl R, sd L;Rk
thru R twd LOD to OP, rec L to BFLY/WALL, sd R/cl L, sd R;

PART B

1----4 BASIC;:NEW YORKER; CRABWALK;:
1-2 Rk fwd L, rec R, sd L/cl R, sd L; Rk bk R, rec L, sd R/cl L, sd R;
3-4 Rk thru L twd RLOD to LOP, rec R to BFLY/WALL, sd L/cl R, sd L; XRif
of L, sd L,XRif of L/ sd L, XRif of L blndng to OP/LOD;
5----8 SLIDE THE DOOR;: CIRCLE CHA;:
5-6 Rk sd L, rec R, XLif of R/sd R, XRif(W Xif of M);Rk sd R, rec L, XRif
of L/sd L, XRif (W Xif of M);
7-8 Fwd L trn LF 1/4, fwd R, fwd L/cl R,fwd L trn to fc/ptr; Fwd R, fwd L,
fwd R/cl L, fwd R to TANDEM fcg LOD; (3rd time end in BFLY/WALL)

BREAK

1----4 ALEMANA;: HAND TO HAND(TWICE);:
1-2 Rk fwd L, rec R, sd L/cl R, sd L; Rk bk R, rec L, sd R/cl L,sd R(W trn RF
undr ld hnds XLif, fwd R to complete trn to fc ptr, sd L/cl R, sd L);
3-4 Trailing hnds jnd trn LF to fc LOD rk bk L, rec R to fc ptr, sd L/cl R, sd L;
Ld hnds jnd trn RF to fc RLOD rk bk R, rec L, sd R/cl L, sd R;
5----8 CHASE;:;
5-6 Fwd L, trng 1/2 RF to fc COH, rec & fwd R, fwd L/cl R ,fwd L(W rk bk R, rec &
fwd L, Fwd R/cl L,fwd R; fwd R trng 1/2 LF to fc WALL, rec & fwd L, fwd R/cl
L, fwd R(W fw dL trng 1/2 RF to fc WALL rec & fwd R, fwd L/cl R, fwd L;
7-8 Rk fwd L, rec R, bk L/cl R ,bk L; (W fwd R trng 1/2 LF to fc COH and M, rec & fwd
L, fwd R,cl L, fwd R); jnd hnds in BFLY rk bk R, rec L, fwd R/cl L, fwd R;

PART C

1----4 ALEMANA;: LARIAT;:
1-2 Rk fwd L, rec R, sd L/cl R, sd L, rk bk R, rec L, sd R/cl L, sd R(W trn RF undr
jnd ld hnds XLif, fwd R to complete trn to M's R sd, sd L/cl R, sd L);
3-4 In place L,R, L/R,L raise ld hnds release trling hnds (W circ RF ib of M R,L,
R/L,R); In place R,L, R/L,R(W cont RF circ L,R, L/R,L to BFLY/WALL);
5----8 FENCE LINE;: SHOULDER TO SHOULDER;:(LEFT HAND STAR)
5-6 Retain BFLY hand hold XLif ofR, sd L/cl R, sd L; Retain BFLY hand hold
XRif of L, rec L, sd R/cl L, sd R;
7-8 Rk fwd L to SDCAR, rec R, sd L/cl R, sd L; Rk fwd R to BJO, rec L,
sd L/cl L, sd R to a left hand star M fcg RLOD;

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9----12 UMBRELLA TURNS;:::
9-10 Fwd L, rec R, bk L/cl R, bk L Bk R, rec L, fwd R/cl L, fwd R;
11-12 Fwd L, rec R, bk L/cl R, bk L Bk R, rec L trn LF to BFLY/WALL ,sd R/cl L, sd R;

PART D

1----4 CHASE;:::
1-2 Fwd L, trng ½ RF to fc COH, rec & fwd R, fwd L/cl R ,fwd L(W rk bk R, rec & fwd L, Fwd R/cl L, fwd R; fwd R trng ½ LF to fc WALL, rec & fwd L, fwd R/cl L, fwd R(W fw dL trng ½ RF to fc WALL rec & fwd R, fwd L/cl R, fwd L;
3-4 Rk fwd L, rec R, bk L/cl R ,bk L; (W fwd R trng ½ LF to fc COH and M, rec & fwd L, fwd R, cl L, fwd R); jnd hnds in BFLY rk bk R, rec L, fwd R/cl L,
fwd R;

ENDING

1----4 CHASE;:::
1-2 Fwd L, trng ½ RF to fc COH, rec & fwd R, fwd L/cl R ,fwd L(W rk bk R, rec & fwd L, Fwd R/cl L, fwd R; fwd R trng ½ LF to fc WALL, rec & fwd L, fwd R/cl L, fwd R(W fw dL trng ½ RF to fc WALL rec & fwd R, fwd L/cl R, fwd L;
3-4 Rk fwd L, rec R, bk L/cl R ,bk L; (W fwd R trng ½ LF to fc COH and M, rec & fwd L, fwd R, cl L, fwd R); jnd hnds in BFLY rk bk R, rec L, fwd R/cl L,
fwd R;

5----8 ALEMANA;:; HAND TO HAND(TWICE);:
5-6 Rk fwd L, rec R, sd L/cl R, sd L; Rk bk R, rec L, sd R/cl L, sd R(W trn RF undr ld hnds Xlif, fwd R to complete trn to fc ptr, sd L/cl R, sd L);
7-8 Trailing hnds jnd trn LF to fc LOD rk bk L, rec R to fc ptr, sd L/cl R, sd L;
Ld hnds jnd trn RF to fc RLOD rk bk R, rec L, sd R/cl L, sd R;

9---- OPEN BREAK & HOLD:
9- Rk apt L, R arm up and HOLD;