

# Macarena

(Mexico)

Macarena, a girl's name, is a line dance which originated in Mexico.

Pronunciation: mah-kah-RAY-nah

Compact disk: Los Del Rio – Ami me gusta, CDM 743211857024, Band 6.

2/4 meter

Cassette: See your dealer.

Formation: A four-wall dance with dancers scattered around the room, all facing one wall.

Styling: Body and head move freely in time to music, swaying and bobbing. The hips and head are especially active.

## Meas

## Pattern

INTRODUCTION. Begin with male voices singing melody. (Don't begin with the chanting.)

## DANCE

- 1 Extend R arm straight fwd in front of body at shoulder height, palm facing out, fingers up (ct 1); hold (ct 2).
- 2 Leaving R arm extended, repeat meas 1 with L arm.
- 3 Touch R hand to back of R side of head, elbow extended to side (ct 1); hold (ct 2).
- 4 Leaving R hand on head, repeat meas 3 with L hand to L side of head.
- 5 Place R hand on back of R hip (ct 1); hold (ct 2).
- 6 Leaving R hand on hip, repeat meas 5 with L hand to back of L hip (ct 1); hold (ct 2).
- 7 With both hands still on hips, sway hips to R (ct 1); sway hips to the L (ct 2).
- 8 Sway hips to R (ct 1); jump, turning 1/4 to L (CCW), and land on both ft facing a new wall (ct 2).

Repeat dance from beginning, each time ending to face a new wall.

Presented by Jerry Helt