



# Maca Maca

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**Information:** 32 Counts, 2 walls, Improver Novelty/Samba.  
**Choreographers:** Shane McKeever (IRE), Adam Astmar (SE).  
**Music:** "Macarena" by le Shuuk & Papi Pepe (02:09) ~ 114 bpm.  
**Intro:** 16 counts, approx. 9 seconds.

Section	Steps & Explanations	End Facing
<b>1</b>	<b>While doing the Macarena arms: V-Step. 2X Step ¼ Turn L.</b>	
1 – 2	Step to right diagonal on RF (1). Step to left diagonal on LF (2).	12'00
3 – 4	Step back on RF (3). Close LF next to RF (4).	12'00
5 – 6	Step forward on RF (5). Turn ¼ left placing weight on LF (6).	9'00
7 – 8	Step forward on RF (7). Turn ¼ left placing weight on LF (8).	6'00
<b>Arms</b>	<b>To make the dance fit the Macarena we decided to add the original hand movements to the steps</b>	
1 – 2	Stretch R hand forward, palm down (1). Stretch L hand forward, palm down (2).	
3 – 4	Turn R hand so palm face up (3). Turn L hand so palm face up (4).	
5 – 6	Place R hand on L shoulder (5). Place L hand on R shoulder, making the arms cross your chest (6).	
7 – 8	Place R hand on right side of your head (7). Place L hand on left side of your head (8).	
<b>2</b>	<b>While continuing the Macarena arms: 2X Rock Forward. Side. Roll Hips. Jump Together &amp; Clap.</b>	
1 – 2	Rock forward on RF rolling hips forward (1). Recover on LF rolling hips back (2).	6'00
3 – 4	Rock forward on RF rolling hips forward (3). Recover on LF rolling hips back (4).	6'00
5 – 6	Step right on RF and start rolling hips full circle clockwise (5). Continue hip roll (6).	6'00
7 – 8	Finish hip roll with weight split on both feet (7). Jump together landing weight on LF (8).	6'00
<b>Arms</b>	<b>Continue with the Macarena moves!</b>	
1 – 2	Place R hand on left hip (1). Place L hand on right hip, making the arms cross your belly (2).	
3 – 4	Place R hand on the back of right hip (3). Place L hand on the back of left hip (4).	
5 – 8	Hold hands on the back of your hips (5, 6, 7). Clap hands (8).	
<b>3</b>	<b>R Botafogo. L Botafogo. Diagonal Rocking Chair. Cross. ¼ Turn R. Back.</b>	
1 & 2	Traveling forward: Cross RF over LF (1). Step left on LF (&). Step to right diagonal on RF (2).	7'30
3 & 4	Traveling forward: Cross LF over RF (3). Step right on RF (&). Step to left diagonal on LF (4).	4'30
5 & 6 &	Rock forward on RF (5). Recover on LF (&). Rock back on RF (6). Recover on LF (&).	4'30
7 & 8	Cross RF over LF (7). Turn ¼ right stepping back on LF (&). Step back on RF (8).	7'30
<b>4</b>	<b>Hitch. Back. ¼ Turn R. Mambo Step Together. Walk Around 5/8 Turn R.</b>	
& 1 – 2	Hitch L knee (&). Step back on LF (1). Turn ¼ right stepping forward on RF (2).	10'30
3 & 4	Rock forward on LF (3). Recover on RF (&). Close LF next to RF, push your hips back and put your hands up in the air with R hand on L (4).	10'30
5 – 8	Start walking around in a 5/8 circle right stepping RF (5), LF (6), RF (7), LF (8). While doing this you slowly drop your arms out to the side and down over 4 counts.	6'00
<b>Optional</b>	<b>If you don't want to do the arm option above you can just do shimmy shoulders or something else that makes it fun!</b>	
<b>Ending</b>	<b>On wall 6 in section 4, you push your hips back when closing LF next to RF on count 4 and put your hands up in the air with R hand on L.</b>	

Please do not change anything in this stepsheet. If you want to use this somewhere else, you need to make sure that it's in original form and nothing's missing, such as contact details etc.

