

MACARENA

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CARRY OUT THESE MOVES ON EACH BEAT

1. Right hand out in front of you palm down.
2. Left hand out in front of you palm up.
3. Turn right hand over palm up.
4. Turn left hand over palm up.
5. Cross right hand to left shoulder.
6. Cross left hand to right shoulder.
7. Put left hand on left hip.
8. Put right hand on right hip.
9. Sway downwards for 'Hey Macarena'
10. Jump and turn 90 degrees to your left

