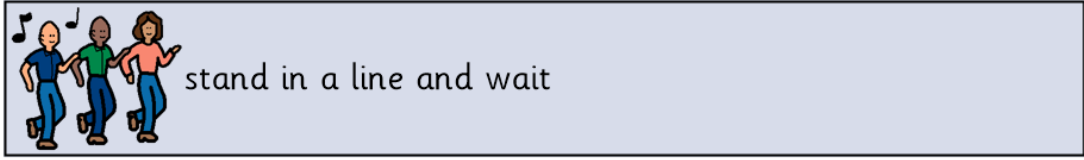




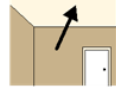
The Macarena



Put left arm straight out in front of you and turn palm to face the ground.



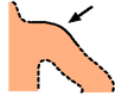
Put right arm straight out in front of you and turn palm to face the ground.



Keep left arm straight out in front of you and turn palm to face the ceiling.



Keep right arm straight out in front of you and turn palm to face the ceiling.



Bring left hand to right shoulder.



Bring right hand to left shoulder.



Move left hand to left ear with palm facing outwards.



Move right hand to right ear with palm facing outwards.



Move left hand to right hip. Move right hand to left hip.



Move left hand to left hip.

Move right hand to right hip.



Wiggle hips to the count of four then jump and turn 1/4.



Repeat from beginning until music is finished or you are too tired!

