



Dreams and Goals

Macerena Dance Moves - Ages 6-7 - Piece 3

- 1. Right hand straight out in front, palm down.**
- 2. Left hand out, palm down.**
- 3. Turn right palm up.**
- 4. Turn left palm up.**
- 5. Right hand to left shoulder.**
- 6. Left hand to right shoulder
(both arms crossed over the chest).**
- 7. Right hand to back of your head.**
- 8. Left hand to left of head
(you should now look like you're doing sit-ups).**
- 9. Right hand touches left hip.**
- 10. Left hand crosses to right hip.**
- 11. Right hand to right hip.**
- 12. Left hand to left hip.**