

# Macarena Months

this is on a Dr. Jean CD but I did not play the music – I pretty much chanted it off while we did the Macarena movements.

January – stretch right arm out palm down

February – stretch left arm out palm down

March and April – turn right arm, then left

May – right hand on left shoulder

June – left hand on right shoulder

July and August – one hand at a time behind  
head

September – right hand on left front hip

October – left hand on right front hip

November – right hand on rear

December – left hand on rear

Hey, month-a-rena! – both hands wave in air