

Mexican Hat Dance steps



The **Mexican Hat Dance** can be performed alone or with a partner. Basically you need to get your body into the rhythm of counting 1,2,3,4 and using the instructions below just go with the beat, speeding up your movements as the tempo increases.

Stand with feet together and arms down by your sides and follow the movements in order.

Part 1

On the count of '1': Fold your left arm across your stomach. Place your right elbow on your left hand keeping your right hand open as though saying 'hi'. Fling your right hand back at the same time as putting your right heel out in front of you.

On the count of '2': Fold your right arm across your stomach. Place your left elbow on your right hand keeping your left hand open as though saying 'hi'. Fling your left hand back at the same time as putting your left heel out in front of you.

On the count of '3': Fold your left arm across your stomach. Place your right elbow on your L hand keeping your right hand open as though saying 'hi'. Fling your right hand back at the same time as putting your right heel out in front of you.

On the count of 'and 4': Clap 2 times - quickly!

Start again repeating the counts 1 - 4 for a total of 7 times.

Part 2

Now the music changes:

On the count of '1': Clap

On the count of '2': Clap

On the count of '3': Clap

On the count of '4': Clap and raise your arms high and shout "**OLÉ**" (pronounced oh-lay and means hooray in Spanish).

Repeat the counts of 1 - 4 three times.

Part 3

The music starts again from the beginning, so repeat the first section 4 times.

Part 4

The music becomes faster. Hold hands with all the dancers to form a circle and move quickly around in a side step fashion.

Wow, that's a great way to get rid of a lot of excess energy!