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| --- | --- |
| Macahula |  |

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| . |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Beginner | . |
| **Choreographer:** | John "Grrowler" Rowell (UK) |
| **Music:** | Macahula Dance - Dr Macdoo |
| . |

**The 8 beat introduction is counted from the double clap. Start after Dr. Mac Doo say's "Here we go" (17 secs.)**

**RIGHT SCISSOR STEP, LEFT SCISSOR STEP**

|  |  |
| --- | --- |
| 1-2 | Step right to right, step left next to right |

|  |  |
| --- | --- |
| 3-4 | Cross right in front of left, hold |

|  |  |
| --- | --- |
| 5-6 | Step left to left, step right next to left |

|  |  |
| --- | --- |
| 7-8 | Cross left in front of right, hold |

**RIGHT CHASSE, ROCK BACK, RECOVER, QUARTER TURN SHUFFLE, SCUFF, STOMP**

|  |  |
| --- | --- |
| 9&10 | Step right to right, step left next to right, step right to right |

|  |  |
| --- | --- |
| 11-12 | Rock back on left, recover weight onto right |

|  |  |
| --- | --- |
| 13&14 | Step left quarter turn left, step right next to left, step forward left |

|  |  |
| --- | --- |
| 15-16 | Scuff right heel forward, stomp right next to left |

**Optional arm positions, counts 15 to 22. Place hands on hips with elbows straight out from body**

**LEFT COASTER, RIGHT SHUFFLE, STEP- TURN, HEEL SWITCHES**

|  |  |
| --- | --- |
| 17&18 | Step left back, step right next to left, step left forward |

|  |  |
| --- | --- |
| 19&20 | Step right forward, step left next to right, step right forward |

|  |  |
| --- | --- |
| 21-22 | Step left forward, pivot a half turn right |

|  |  |
| --- | --- |
| 23& | Touch left heel forward, step left in place |

**Optional hand movement, counts 23&, spread arms at chest height, palms uppermost**

|  |  |
| --- | --- |
| 24& | Touch right heel forward, step right in place |

**Optional hand movement, counts 24& cross arms at chest height, right over left, touching hands to shoulders**

**CROSS-STOMP, HOLD, UNWIND, HOLD, ROCK FORWARD, RECOVER, LEFT COASTER**

|  |  |
| --- | --- |
| 25-26 | Stomp left across front of right, hold |

**Optional hand movement, counts 25-26, spread arms at hip height, palms downwards**

|  |  |
| --- | --- |
| 27-28 | Unwind a half turn right, hold |

|  |  |
| --- | --- |
| 29-30 | Rock forward on left, recover weight onto right |

|  |  |
| --- | --- |
| 31&32 | Step back left, step right next to left, step forward left |

**REPEAT**

**FINISH**

**The dance will finish on count 16 (stomp) facing home wall**