

# Cowboy Macarena (Sitting Version)

**COPPER** KNOB  
STEPPERS

Count: 16

Wall: 0

Level: Beginner - SITTING

Choreographer: Bev Shiflett & Don Shiflett - October 2013

Music: Macarena - The GrooveGrass Boyz



We recommend that the standing and sitting versions of this dance are done together.

**INTRO: 16 counts**

Sitting down, pretend you're on the buckboard of a wagon pulled by a couple of horses.

**Note:** Body movements throughout the dance can be exaggerated using shoulders and upper body.

1                    Extend L hand forward as if holding reins

2                    Extend R hand up as if twirling a rope

**Hands here are shaped like a gun for the next 10 counts**

3                    Put R hand down on R hip—grab gun from your holster

4                    Put L hand down on L hip—grab gun from you holster

5                    Put R up in front of shoulders—pull gun out of holster and point toward sky

6                    Put L hand up in front of shoulders—pull gun out of holster and point toward sky

7                    Point L gun forward as if shooting

8                    Point R gun forward as if shooting

1                    Bring R hand bring tip of gun near your mouth—blow out that smokin' gun

2                    Bring L hand bring tip of gun near your mouth—blow out that smokin' gun

3                    Bring R hand down to R hip as if putting gun in holster

4                    Bring L hand down to L hip as if putting gun in holster

**Counts 5-8: "Get out of town!"**

5-8                    L hand extended forward holding reins, while R hand moves forward (5), back (6), forward (7), back (8) as if popping a whip

**Hoot and holler....have fun with this dance!**

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