

Cowboy Macarena

COPPER KNOB
STEPSHEETS

Compte: 16

Mur: 4

Niveau: Beginner



Chorégraphe: Bev Shiflett - October 2013

Musique: Macarena - The GrooveGrass Boyz

Note--Throughout the dance, the hips sway L and R. Begin swaying hips to the L.

INTRO: 16 counts. CCW rotation.

OPTIONAL INTRO: After the first 8 counts of the music, begin swaying hips on the next 8 counts before the dance begins:

Sway hips: L(1), R(2), L(3), R(4), repeat for counts 5,6,7,8

Begin dance:

1 Sway hips L and extend L hand forward as if holding reins

2 Sway hips R with hand up as if twirling a rope

(Hands here are shaped like a gun for the next 12 counts)

3 Sway hips L and put R hand down on R hip—grab gun from your holster

4 Sway hips R and put L hand down on L hip—grab gun from your holster

5 Sway hips L and bring R up in front of shoulders—pull gun out of holster and point toward sky

6 Sway hips R and bring L up in front of shoulders—pull gun out of holster and point toward sky

7 Sway hips L and point L gun forward as if shooting

8 Sway hips R and point R gun forward as if shooting

1 Sway hips L and bring R hand bring tip of gun near your mouth—blow out that smokin' gun

2 Sway hips R and bring L hand bring tip of gun near your mouth—blow out that smokin' gun

3 Sway hips L and bring R hand down to R hip as if putting gun in holster

4 Sway hips R and bring L hand down to L hip as if putting gun in holster

Counts 5-8:** "Get out of town"—gallop horse away stepping L,R to new wall-two 1/8 L turns

5-8 ** While both arms are extended in front like riding a horse, sway hips L,R,L,R, and step 1/8 L turn with L(5), step R(6), step 1/8 L turn with L(7), step R(8) 9:00

****Optional – for a "faster gallop" -- last 4 counts (5-8) to new wall:**

While both arms are extend in front like riding a horse, continue to sway hips L,R, etc.

5& step 1/8 L turn with L(5), step on R(&)

6& step L(6), step on R(&)

7& step 1/8 L turn with L(7), step on R(&)

8& step L(8), step on R(&)

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

Contact - Email: volcanogal.hawaii@yahoo.com

Last Revision - 3rd Nov 2013