

# Cowboy Macarena (Sitting Version)

**COPPER** KNOB  
STEPSHEETS

Compte: 16

Mur: 0

Niveau: Beginner - SITTING

Chorégraphe: Bev Shiflett & Don Shiflett - October 2013

Musique: 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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