

# Got One

Count: 30

Wand: 4

Ebene: Intermediate

Choreograf/in: Debi Bodven (USA)

Musik: I Got a Girl - Lou Bega



## INTRO

This happens only once. Wait the first 16 beats of the music, then do the Macarena: 1)Right hand out palm down; 2)Left hand out palm down; 3)right palm up; 4)left palm up; 5)right hand on left shoulder; 6)Left hand on right shoulder; 7)Right hand behind head; 8)Left hand behind head; 9)Right hand on left hip; 10)Left hand on right hip; 11)Right hand on right rear; 12)left hand on left rear 13)Kick left forward: &)Left in place; 14)Touch right toe in front; 15,16) 2 count body roll ending with weight on left

## THE MAIN DANCE

### MAMBO FRONT & BACK, TOGETHER, FORWARD

1&2                Rock forward right, recover weight on left, step back right  
3-4                Step left together, step forward right  
5&6                Rock forward left, recover weight on right, step back left  
7-8                Step right together, step forward left

### STEP, LOCK, STEP, ½ TURN RIGHT, CROSSING SHUFFLE, PUSH TURN

9&10              Step forward right, lock left behind right, step forward right  
11-12             Step forward left, pivot ½ turn right  
13&14             Cross left over right, step side right, cross left over right  
15-16             Step side right, push off right while pivoting ¼ turn left (weight on left)

### STEP, LOCK, STEP, KICK & TOE, KICK & TOUCH, SWEEP TURN

17&18             Step forward right, lock left behind right, step forward right  
19&20             Kick left forward, step left together, touch right toe in place  
21&22             Kick right forward, step right together, touch left toe in front  
23-24             Sweep left toe front to back while pivoting ½ turn to left on ball of right

**Weight is on right, left toe touch in place**

### STEP, LOCK, STEP, MAMBO RIGHT, MAMBO LEFT, TWIST & TURN

25&26             Step forward left, lock right behind left, step forward left  
27&28             Rock side right, recover weight on left, cross right over left  
29&30             Rock side left, recover weight on right, cross left over right

## REPEAT

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