

# Macahula

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** John "Growler" 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