

# Cowboy Macarena (Sitting Version)

**COPPER** KNOB  
BY BEV SHIFLETT

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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