

# Cowboy Macarena (Sitting Version)

**COPPER** KNOB  
BY BEV SHIFLETT

**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!**

Bev Shiflett, [volcanogal.hawaii@yahoo.com](mailto:volcanogal.hawaii@yahoo.com)

Last Revision - 3rd Nov 2013

---