

Macahula

拍数: 32 墙数: 4 级数: Beginner
编舞者: John "Growler" Rowell (UK)
音乐: 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