

# The Macahula

拍数: 0                      墙数: 1                      级数: Improver  
编舞者: Michelle O'Sullivan (UK)  
音乐: Macahula Dance - Dr Macdoo



Sequence: ABA, Tag, ABA, B, Tag, AB, B, Finish

## PART A (VERSE)

### RIGHT TOE, HEEL, CHA-CHA STEP, LEFT TOE, HEEL, CHA-CHA STEP

1-2                      Right toe to left instep, right heel to left instep  
3&4                      Step right, left, right  
5-6                      Left toe to right instep, left heel to right instep  
7&8                      Step left, right, left

### STEP RIGHT, LEFT TOGETHER, HIP BUMPS, STEP LEFT, RIGHT TOGETHER, HIP BUMPS

1-2                      Step right to right side, step left next to right  
3-4                      Bump hips left, right  
5-6                      Step left to left side, step right next to left  
7-8                      Bump hips right, left

### RIGHT SIDE SHUFFLE, ROCK BACK, FORWARD, LEFT SIDE SHUFFLE, ROCK BACK, FORWARD

1&2                      Step right to right side, close left next to right, step right to right side  
3-4                      Rock back on back on left, recover onto right  
5&6                      Step left to left side, close right next to left, step left to left side  
7-8                      Rock back on right, recover onto left

### PIVOT ½ TWICE, TOE SWITCHES (HIGHLAND FLING)

1-2                      Step forward on right, pivot ½ turn over left shoulder  
3-4                      Step forward on right, pivot ½ turn over left shoulder  
5&6&                      Point right toe forward, bring to center, point left toe forward, bring to center  
7&8&                      Point right toe forward, bring to center, point left toe forward, bring to center

Hand movements on toe switches, arms should be raised in a Highland Fling pose

## PART B (CHORUS)

### WALK FORWARD, RIGHT, LEFT, RIGHT, HITCH LEFT, WALK FORWARD LEFT, RIGHT, LEFT, HITCH RIGHT ½ TURN PIVOT

1-4                      Walk forward right, left, right, hitch left  
**You should meet the line on the opposite side while hitching left as you do raise your hands and slap hands with the people on either side of you**  
5-8                      Walk forward left, right, left hitch right while pivoting ½ turn left

### WALK FORWARD, RIGHT, LEFT, RIGHT, HITCH LEFT, WALK FORWARD LEFT, RIGHT, LEFT, HITCH RIGHT ½ TURN PIVOT

1-4                      Walk forward right, left, right, hitch left  
**You should meet the line on the opposite side while hitching left as you do raise your hands and slap hands with the people on either side of you**  
5-8                      Walk forward left, right, left hitch right while pivoting ½ turn left

### STEP RIGHT, BUMP HIPS RIGHT & LEFT, PIVOT ½ TWICE

1-4                      Step right to right side bumping hips right twice, bump hips to left twice  
5-6                      Step forward onto right, ½ turn pivot over left  
7-8                      Step forward onto right, ½ turn pivot over left

Beginner alternative:

5-8 Rock forward on right, recover onto left, rock back on right, recover onto left  
**Hand movements on hip bumps, arms should be raised to waist level and waved in a hula movement to the right then the left**

**GRAPEVINE RIGHT, ROLLING GRAPEVINE LEFT**

1-4 Step right to right side, cross left behind right, step right to right side, tap left beside right

5-8 Step onto left  $\frac{1}{4}$  turn left, step onto right  $\frac{1}{4}$  turn left,  $\frac{1}{2}$  turn over left shoulder stepping onto left, tap right beside left

**TAG**

1-4 Bump hips right, left, right, left

**FINISH**

**On the last 8 counts of the dance, repeat section 4 (Part B) but instead of tapping right beside left, cross it over your left and raise arms in a highland fling pose**

---