

# Country Macarena

**COPPER KNOB**  
STEPSHEETS

拍数: 16      墙数: 4      级数: Beginner  
编舞者: Dennis Foley (AUS) & Verity Mills (AUS)  
音乐: Macarena - The GrooveGrass Boyz



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**Do the normal Macarena with the following "Country Dance Choreography and Attitude"**

**Through out dance "grind" hips in a figure 8 action**

1&2&      Left forward and to the left, right forward and to the right

**Dance the last four beats as follows**

1&2&      Grind hips twice (left, then right)

3      With head tilted forward, barrel roll hands three times

&      Jump turning  $\frac{1}{4}$  left on the spot

4&      Land with head back and thumbs up, and shout "hey"

**REPEAT**

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