

# Macahula

拍數: 32      牆數: 4      級數: Beginner  
編舞者: John "Growler" Rowell (UK)  
音樂: 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