

The Macahula

拍數: 0 牆數: 1 級數: Improver
編舞者: Michelle O'Sullivan (UK)
音樂: 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
