# Groove Grass Mixer (P)



拍數: 40 牆數: 0 級數: Partner

編舞者: SanDee Skelton (USA)

音樂: Macarena - The GrooveGrass Boyz



Position: Men form circle facing out towards edge of dance floor, Ladies form circle facing in towards partner.

# "SHAKE DICE", SLAP THIGHS, JOIN HANDS

## Clasp your own hands together as count 1 begins

1-4 "Shake dice" up to left 2 times, up to right 2 times5-6 "Shake dice" down to left once, down to right once

7-8 Slap both thighs, slap palms of both hands to partners palms

## "TUSH-PUSH" HIPS

## Join hands with partner and push hand toward partner on each bump

1-4 Bump right hip twice to partner's right hip, bump left hip away twice

5-8 Bump hips right, left, right, left

#### FOUR TRIPLE STEPS TO THE RIGHT AROUND PARTNER

1-8 Beginning on right foot, do four triple steps around partner making a full circle. End facing

partner and release hands

#### "MACARENA"-HIP, HIP, REAR, REAR, WIGGLE 3 TIMES, CLAP

1-2 Right hand cross in front to pat left hip, left hand cross in front to pat right hip

3-4 Right hand to right rear pocket, left hand to left rear pocket

5-8 Wiggle hips 3 times, clap

When doing the dance as a twosome, stay facing partner and repeat dance from beginning.

When doing the dance as a mixer, make a ¼ turn to the left on the clap and continue with the following 8 counts.

## WALK FORWARD 3 STEPS, "HIGH FIVE", WALK FORWARD 3 STEPS, CLAP

1-3 **MAN:** Walk forward (LOD) right, left, right

LADY: Walk forward (RLOD) right, left, right

4 Right hand "high five" to first person as you pass

5-7 **MAN:** Walk forward (LOD) left, right, left

**LADY:** Walk forward (RLOD) left, right, left

8 ½ turn to right and clap. Keep hands together for "shake dice". You are now facing new

partner

#### **REPEAT**