

Cowboy Macarena

COPPER KNOB
STEPSHEETS

拍數: 16 牆數: 4 級數: Beginner
編舞者: Bev Shiflett - October 2013
音樂: Macarena - The GrooveGrass Boyz



Note--Throughout the dance, the hips sway L and R. Begin swaying hips to the L.

INTRO: 16 counts. CCW rotation.

OPTIONAL INTRO: After the first 8 counts of the music, begin swaying hips on the next 8 counts before the dance begins:

Sway hips: L(1), R(2), L(3), R(4), repeat for counts 5,6,7,8

Begin dance:

- 1 Sway hips L and extend L hand forward as if holding reins
- 2 Sway hips R with hand up as if twirling a rope
- (Hands here are shaped like a gun for the next 12 counts)
- 3 Sway hips L and put R hand down on R hip—grab gun from your holster
- 4 Sway hips R and put L hand down on L hip—grab gun from your holster
- 5 Sway hips L and bring R up in front of shoulders—pull gun out of holster and point toward sky
- 6 Sway hips R and bring L up in front of shoulders—pull gun out of holster and point toward sky
- 7 Sway hips L and point L gun forward as if shooting
- 8 Sway hips R and point R gun forward as if shooting

- 1 Sway hips L and bring R hand bring tip of gun near your mouth—blow out that smokin' gun
- 2 Sway hips R and bring L hand bring tip of gun near your mouth—blow out that smokin' gun
- 3 Sway hips L and bring R hand down to R hip as if putting gun in holster
- 4 Sway hips R and bring L hand down to L hip as if putting gun in holster

Counts 5-8:** "Get out of town"—gallop horse away stepping L,R to new wall-two 1/8 L turns

- 5-8 ** While both arms are extended in front like riding a horse, sway hips L,R,L,R, and step 1/8 L turn with L(5), step R(6), step 1/8 L turn with L(7), step R(8) 9:00

****Optional – for a "faster gallop" -- last 4 counts (5-8) to new wall:**

While both arms are extend in front like riding a horse, continue to sway hips L,R, etc.

- 5& step 1/8 L turn with L(5), step on R(&)
- 6& step L(6), step on R(&)
- 7& step 1/8 L turn with L(7), step on R(&)
- 8& step L(8), step on R(&)

Hoot and holler....have fun with this dance!

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