

MACNAMARA SHUFFLE

LINEDANCE.COM

Count: 64 **Wall:** 4 **Level:** —

Choreographer: Margaret Allpress & Cheryl McFadyean

Music: Country Down To My Soul by Lee Roy Parnell

1-4 Shuffle forward twice, left-right-left & right,left.right

5-8(jumping jacks) jump both feet apart, jump right across left, unwind, clap

9-12 Kick right forward, cross right over left and pivot on ball of left turning $\frac{1}{2}$ left, step back on right hitching left with a small scoot forward on right

13-16 Step forward left foot, stomp right foot, two heel presses

17-20 Step right foot $\frac{1}{4}$ right, step left foot together, high heel splits(knees together)

21-24 Step left foot $\frac{1}{4}$ left, step right foot together, high heel splits(knees together)

25-32 Rolling vine right, cross left foot over right, right foot to right side, left foot beside right, stomp right foot twice beside left (while stomping, pull imaginary train whistle with right hand at head height and turn head to right)

33-36 Step forward right, lock left behind right, step forward right, stomp left together

37-44 Zig zag back left-right-left-right

45-524 Macnamara's left-right-left-right (step slightly forward on ball of left, step quickly onto ball of right behind left, step on ball of left to left, touch right heel forward at 45 degrees - reverse steps for right)

53-56 Step forward left foot, pivot $\frac{1}{4}$ turn right, step forward left foot, pivot $\frac{1}{2}$ turn right

57-64 Two jazz box kicks left, right (kick out to side at 45 degrees on 4th & 8th beat)

REPEAT

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=29734