

Cowboy Macarena (Sitting Version)

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Count: 16 **Wall:** — **Level:** Beginner - SITTING

Choreographer: Bev and Don Shiflett (Oct 2013)

Music: Macarena by The GrooveGrass Boys

We recommend that the standing and sitting versions of this dance are done together.

INTRO: 16 counts

Sitting down, pretend you're on the buckboard of a wagon pulled by a couple of horses.

Note: Body movements throughout the dance can be exaggerated using shoulders and upper body.

- 1 Extend L hand forward as if holding reins
- 2 Extend R hand up as if twirling a rope

Hands here are shaped like a gun for the next 10 counts

- 3 Put R hand down on R hip—grab gun from your holster
- 4 Put L hand down on L hip—grab gun from you holster
- 5 Put R up in front of shoulders—pull gun out of holster and point toward sky
- 6 Put L hand up in front of shoulders—pull gun out of holster and point toward sky
- 7 Point L gun forward as if shooting
- 8 Point R gun forward as if shooting
- 1 Bring R hand bring tip of gun near your mouth—blow out that smokin' gun
- 2 Bring L hand bring tip of gun near your mouth—blow out that smokin' gun
- 3 Bring R hand down to R hip as if putting gun in holster
- 4 Bring L hand down to L hip as if putting gun in holster

Counts 5-8: "Get out of town!"

5-8L hand extended forward holding reins, while R hand moves forward (5), back (6), forward (7), back (8) as if popping a whip

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

Bev Shiflett, volcanogal.hawaii@yahoo.com

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