

Macnamara Shuffle

BEGINNER

64 Count

Choreographed by: Cheryl McFadyean & Margaret Allpress

Choreographed to: Country

Down To My Soul by Lee Roy Parnell

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- 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 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 1/4 right, step left foot together, high heel splits (knees together)
21 - 24 Step left foot 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 - 52 4 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 1/4 turn right, step forward left foot, pivot 1/2 turn right
57 - 64 Two jazz box kicks left, right (kick out to side at 45 degrees on 4th & 8th beat)

REPEAT