



Web site: www.linedancermagazine.com

E-mail: admin@linedancermagazine.com

The Macahula

32 count, 4 wall, Beginner level

Choreographer : Henry Damen (Holland)

Sept 2001

Choreographed to : The Macahula by Dr
MacDoo

- **Start Dance on Vocals***

WALK,WALK,WALK,STOMP,STOMP,VINE RIGHT

- 1—2 Walk forward Left, Walk forward Right,
- 3 Walk forward left,
- & 4 Stomp Right foot side right, Stomp left foot side left, (feet are shoulder width apart)
- 5—6 Step right side right, Step left behind right,
- 7—8 Step right side right, Kick left foot forward,

VINE LEFT, JAZZ SQUARE WITH ATTIDE

- 9—10 Step left side left, Step right behind left,
- 11-12 Step left side left, Kick forward right,
- 13-14 Step left forward, Step left across right and bend over leaning body forward
- 15-16 Step back right, Step left side left, (get back up on the back step)

SIDE STEP WITH ¼ TURN BOUNCE AND ARM MOVEMENTS, ½ TURN BOUNCE & ARM MOVEMENTS

- 17—18 Step right side right and ¼ turn right and bounce arms up like pushing yourself down, 2 counts
- 19—20 Step left side left and ½ turn left and bounce the 2 counts , put your arms down like pushing yourself up
- 21—22 Step right side right and right arm side right, step left side left and arm side left hand palms out!!!
- 23—24 Step right to the centre and arm with fist for your chest, Step left to the centre and arm with fist for your chest

ARM MOVEMENTS,CIRCLE CLAP, HOLD,HOLD, JUMP BACK, JUMP BACK

- 25—26 Close arms and open , Close arms & open
- 27—28 Make full circle with arms, Clap hands
- & 29 30 Jump back left right and spread arms palms of hand to the side, Hold
- 31 & 32 Hold, Jump both feet back. Jump both feet back and arms back next to your body,

*** After 3rd wall and 8th wall add 4 extra counts***

Syncopated jumps back & 1,2 & 3,4 Jump back left right clap, Jump back left right Clap!!!!