

# American Cowboy (美國牛仔) (zh)

COPPER KNOB  
STYLEDANCE

Count: 64

Wand: 2

Ebene: Intermediate

Choreograf/in: Peter Metelnick (UK) & Alison Metelnick (UK) - 2010年01月

Musik: American Cowboy - Jada



前奏 : Start after 24 count intro 24拍後起跳

**第一段** R Side Shuffle, L Back Rock & Recover On Diagonal, L Diagonal Fwd Shuffle, R Fwd, ½ L Pivot To Back Diagonal

右追步, 斜角後下沉 回復, 斜角前交換, 斜角踏轉

1&2 Step R side, step L together, step R side  
右足右踏, 左足併踏, 右足右踏

3-4 Turning towards left diagonal rock L back, recover weight on R (11 o'clock) 轉向左斜角左足後下沉, 右足回復(面向11點鐘)

5&6 Facing left diagonal step L forward, step R together, step L forward  
面向左斜角左足前踏, 右足併踏, 左足前踏

7-8 Facing left diagonal step R forward, pivot ½ left to face back diagonal (5 o'clock) 面向左斜角右足前踏, 左軸轉180度面向後斜角

**第二段** On Diagonal: Step R Fwd, L Side Point, L Fwd, R Side Point, R Jazz Box Ball Cross Turning 1/8 R To Square To Wall

面向斜角:踏 點 踏 點, 爵士方塊轉正

1-4 Still facing diagonal step R forward, point L side, step L forward, point R side 面向斜角右足前踏, 左足左點, 左足前踏, 右足右點

5-6 Cross R over L, step L back 右足於左足前交叉踏, 左足後踏

8&7 Turning 1/8 right to square off to back wall step R back, step L forward 右轉45度轉正右足後踏, 左足前踏

8 Step R forward (6 o'clock) 右足前踏(面向6點鐘)

**第三段** L Fwd Rock & Recover, ½ L Shuffle, ½ L Shuffle, L Back Rock & Recover

下沉 回復, 轉交換, 轉交換, 後下沉 回復

1-2 Rock L forward, recover weight on R  
左足前下沉, 右足回復

3&4 Turning ½ left step L forward, step R together, step L forward  
左轉180度左足前踏, 右足併踏, 左足前踏

5&6 Turning ½ left step R back, step L together, step R back  
左轉180度右足後踏, 左足併踏, 右足後踏

7-8 Rock L back, recover weight on R 左足後下沉, 右足回復

**第四段** L Kick Ball Step Fwd X2, L Fwd Rock & Recover, Turning ¼ L Chasse L

踢併踏二次, 下沉 回復, 追步轉

1&2 Kick L forward, step L together, step R forward  
左足前踢, 左足併踏, 右足前踏

3&4 Kick L forward, step L together, step R forward  
左足前踢, 左足併踏, 右足前踏

5-6 Rock L forward, recover weight on R  
左足前下沉, 右足回復

7&8 Turn ¼ L, step L to L side, step R beside L, step L to L side (3 o'clock) 左轉90度左足左踏, 右足併踏, 左足左踏(面向3點鐘)

**BIG ENDING: Final wall dance counts 1- 32 turn a ¼ left step R back, turn another ½ left step L forward, step R forward & hold (Da-Ra!)**

結束 : 最後會跳至此, 左轉90度右足後踏, 左轉180度左足前踏, 右足前踏, 候

**第五段 L Full Turn, R Cross Rock & Recover, Chasse R, L Cross Rock & Recover**  
左轉圈, 交叉下沉 回復, 右追步, 交叉下沉 回復

- 1-2 Turning ½ left step R back, turning ½ left step L to L side  
左轉180度右足後踏, 左轉180度左足左踏  
Non-turning option for 1-2: Cross step R over L, step L to L side  
簡易版: 右足於左足前交叉踏, 左足左踏
- 3-4 Cross rock R over L, recover on L  
右足於左足前交叉踏, 左足回復
- 5&6 Step R to R side, step L next to R, step R to R side  
右足右踏, 左足併踏, 右足右踏
- 7-8 Cross rock L over R, recover weight on R  
左足於右足前交叉踏, 右足回復

**第六段 ¼ L Shuffle, ½ L & Walk Back 2, R Coaster Step, L Triple**  
追步轉1/4, 1/2後 後, 海岸步, 小三步

- 1&2 Step L to L side, step R together, turning ¼ L step L forward (12 o'clock) 左足左踏, 右足併踏, 左轉90度左足前踏(面向12點鐘)
- 3-4 Turning ½ left step R back, step L back (6 o'clock)  
左轉180度右足後踏, 左足後踏(面向6點鐘)
- 5&6 Step R back, step L together, step R forward  
右足後踏, 左足併踏, 右足前踏
- 7&8 Step L forward, step R together, step L together  
左足前踏, 右足併踏, 左足併踏

**RESTART: DURING 2nd wall you will finish the first 48 counts of the dance and restart again facing the front wall** 第二面牆跳至此, 面向前面牆從頭起跳

**第七段 R Kick Ball Cross, ¼ L Hinge Turn, R & L Syncopated Cross Rocks & Recover**  
踢併交叉, 1/4, 變奏交叉曼波

- 1&2 Kick R forward, step R back, cross step L over R  
右足前踢, 右足後踏, 左足於右足前交叉踏
- 3-4 Step R side, turning ¼ left step L side (3 o'clock)  
右足右踏, 左轉90度左足左踏(面向3點鐘)
- 5-6& Cross rock R over L, recover weight on L, step R side  
右足於左足前交叉下沉, 左足回復, 右足右踏
- 7-8& Cross rock L over R, recover weight on R, step L together  
左足於右足前交叉下沉, 右足回復, 左足併踏

**第八段 R Fwd, ½ L Pivot Turn, R Fwd, ¼ L Pivot Turn, R Jazz Box Cross**  
踏 轉, 踏 1/4, 爵士方塊交叉

- 1-4 Step R forward, pivot ½ left, step R forward, pivot ¼ left (6 o'clock)  
右足前踏, 左軸轉180度, 右足前踏, 左軸轉90度(面向6點鐘)
- 5-8 Cross R over L, step L back, step R side, cross L over R  
右足於左足前交叉踏, 左足後踏, 右足右踏, 左足於右足前交叉踏
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