

Bull Rider

Count: 64

Wall: 4

Level: Intermediate/Advanced

Choreographer: Maureen McGuigan (USA)

Music: Paint the Town Redneck - John Michael Montgomery



STOMPS & DRAGS (THE ANXIOUS BULL)

- 1-2 Stomp right foot down; drag left foot to right (weight on right)
- 3-4 Stomp left foot down; stomp right foot down
- 5-6 Stomp left foot down; drag right foot to left (weight on left)
- 7-8 Stomp right foot down; stomp left foot down.

RIGHT LUNGE, LEFT LUNGE (BULL BUMPS THE SIDES)

- 9-10 Lunge right foot to right side (angle body to 10:00); step left in place & snap fingers
Styling: Right arm bent at elbow & horizontal/left arm bent at elbow & vertical
- 11-12 Step right foot to center; hold position & clap hands:
- 13-14 Lunge left foot to left side (angle body to 2:00); step right in place & snap fingers
Styling: Left arm bent at elbow & horizontal; right arm bent at elbow & vertical.
- 15-16 Step left foot to center; hold position & clap hands.

RIGHT KICK-BALL-CHANGE, ROCK-STEP, FORWARD SHUFFLES

- 17&18 Kick right forward; step on right foot; step on left foot
- 19-20 Rock-step right foot back; step left foot in place
Styling: Lean back on right rock-step holding hands out like holding reins.
- 21&22 Step right foot forward; step left together; step right foot forward
- 23&24 Step left foot forward; step right together; step left foot forward.

ROCKING CHAIR, CROSS-UNWIND (THE BULL TURNS)

- 25-26 Rock-step right foot forward; step left in place
- 27-28 Rock-step right foot back; step left in place
- 29-30 Tap right heel forward (option: kick right forward); cross-touch right toe over left
- 31-32 Unwind ½ turn left (weight on left); hold position & clap hands.

HIP BUMPS (RIDING THE BULL)

- 33-34 Step right foot forward bumping hips forward twice
- 35-36 Shift weight back to left; bumping hips back twice
- 37 Rising up on balls of feet, roll hips forward (right hand over head like rodeo rider)
- 38 Lowering heels, shift weight back and roll hips back
- 39 Rising up on balls of feet, roll hips forward (right hand over head like rodeo rider)
- 40 Lowering heels, shift weight back and roll hips back.

STEP SLAPS (BULL BUCKING)

- 41-42 Step right foot forward; kick left foot behind right & slap with right hand
- 43-44 Step back on left; raise right knee & slap with left hand
- 45-46 Step back on right; raise left knee & slap with right hand
- 47-48 Touch left toe beside right; raise left knee & slap with right hand.

STEP, DRAG, STOMP, STOMP

- 49-50 Take big step forward on left; drag right to left (weight on left)
- 51-52 Stomp right; stomp left
- 53-56 Cross-touch right toe over left foot; slowly unwind ¾ turn left (weight on left)

Option: Drop heels down on each count as you turn.

GRAPEVINE RIGHT (OFF THE BULL)

57-58 Step right foot to right side; cross-step left behind right

59-60 Step right foot to right side; touch left beside right

STEP, DRAG, STOMP, STOMP

61-62 Take big step to left on left foot; drag right foot to left

63-64 Stomp right; stomp left.

REPEAT
