

Mad Cowboy Disease

Count: 48

Wall: 4

Level: Intermediate

Choreographer: Phyllis Manier (USA) - May 2008

Music: Mad Cowboy Disease - John Michael Montgomery



SAILOR STEP, SAILOR STEP KICK BALL CROSS FULL TURN

- 1&2 Right sailor step (cross right behind, left to left side, right to right side)
- 3&4 Left sailor step (cross left behind, right to right side, left to left side)
- 5&6 Kick right forward, replace right, cross left over right
- 7-8 Full turn right (spiral), weight the left foot

SHUFFLE FORWARD, CROSS TURN, STEP SIDE LEFT, LOOK LEFT, LOOK RIGHT AND HITCH RIGHT

- 1&2 Shuffle forward right, left, right
- 3-4 Cross left over right, do a ¼ turn left by stepping back right (9:00)
- 5-6 Step left to side left, look left
- 7-8 Look right, hitch right

SHUFFLE FORWARD, ½ TURN PIVOT, SHUFFLE FORWARD ¼ TURN PIVOT

- 1&2 Shuffle forward right, left, right
- 3-4 Step forward left, pivot ½ turn right (weight right)
- 5&6 Shuffle forward left, right, left
- 7-8 Step forward right, ¼ turn pivot (weight left) (12:00)

SAILOR STEP, COASTER STEP, ½ TURN, LEG SWEEP WITH A ¼ TURN

- 1&2 Right sailor step (cross right behind, left to left side, right to right side)
- 3&4 Left coaster step with a ¼ turn left (9:00)
- 5-6 Step forward right, ½ turn left (weight left)
- 7-8 Right leg sweep in front with a ¼ turn left (12:00)

TOUCH STEP, TWIST & TWIST TOUCH STEP TWIST & TWIST

- 1-2 Touch forward right, place weight on right
- 3&4 Twist right, left, right
- 5-6 Touch forward left, place weight on left
- 7&8 Twist left, right, left (weight the left)

Stay on the balls of your feet for this 8 count while moving forward slightly

ROCK STEP, STEP BACK AND DRAG, COASTER STEP, ¼ TURN LEFT, ½ TURN LEFT

- 1-2 Rock step forward right, recover left
- 3-4 Big step back right, drag left heel back
- 5&6 Left foot coaster step
- 7-8 Turn step side right ¼ left, ½ pivot left stepping left to side (3:00)

REPEAT
