

# If I Was a Cowboy

Compte: 32

Mur: 2

Niveau: Improver

Chorégraphe: Gail Smith (USA) - December 2021

Musique: If I Was a Cowboy - Miranda Lambert



**INTRO: 16 Counts. Dancing to the slow heavy beat.**

## **KICK-BALL-CROSSES, SIDE-ROCK-CROSSES**

- 1 & 2 Kick R to fwd R angle, Step R slightly back on ball of foot, Step L across R  
3 & 4 Kick R to fwd R angle, Step R slightly back on ball of foot, Step L across R  
5 & 6 Rock R out to side, Recover onto L, Step R across L  
7 & 8 Rock L out to side, Recover onto R, Step L across R

**\*\*\*\*\* RESTART on wall 3. Happens facing 12:00**

## **SHUFFLE BOX (songs says - Rolling around these towns like a tumbleweed)**

- 1 & 2 Step R to side, Step L next to R foot, Step R to side  
& On ball of R foot Turn 1/4 L 9:00  
3 & 4 Step L to side, Step R next to L foot, Step L to side  
& On ball of L foot Turn 1/4 L 6:00  
5 & 6 Step R to side, Step L next to R foot, Step R to side  
& On ball of R foot Turn 1/4 L 3:00  
7 & 8 Step L to side, Step R next to L foot, Step L to side (NO TURN!)

## **HIP BUMPS (R&L), KICK-HOOK-STEP (R &L)**

- 1 & 2 Step R toes slightly fwd and bump hips fwd, back, fwd (weight on R)  
3 & 4 Step L toes slightly fwd and bump hips fwd, back, fwd (weight on L)  
5 & 6 Low kick R foot fwd, Hook R in front of L shin, Step R fwd  
7 & 8 Low kick L foot fwd, Hook L in front of R shin, Step L fwd

## **MAMBO 1/4 TURN R, LOCK-STEP FWD, R FWD MAMBO, L COASTER CROSS**

- 1 & 2 Rock R fwd, Recover onto L foot, Turn 1/4 R stepping R fwd 6:00  
3 & 4 Step L fwd, Lock R behind L, Step L fwd  
5 & 6 Rock R fwd, Recover onto L foot, Step R slightly back  
7 & 8 Step L back, Step R next to L, Step L over R (facing slight R angle)

**START OVER!**

**ENDING: Keep feet in place, swivel 1/2 turn R to face front. TADA!**

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