

# Ride 'em Cow-Boy

Compte: 64

Mur: 4

Niveau: Intermediate



Chorégraphe: John Dean (UK) & Gita Renik (UK)

Musique: Rodeo Rock - The Dean Brothers

Start the dance on John's vocals, "I Heard It In A Honky Tonk " which come in after a long instrumental intro followed by the rap, "Get right down to the nitty gritty, strut your stuff like Bronco Billy!"

## RIGHT MAMBO FORWARD, LEFT MAMBO BACK, VINE RIGHT. LEFT TOUCH, SHIMMY OUT TO LEFT TWICE

- 1&2 Rock-step right forward, rock-step left in place, step right next to left
- 3&4 Rock-step left back, step right in place, step left next to right
- 5-8 Step right out to right side, step left behind right, step right out to right side, touch left next to right
- 9-10 Slide left out to left side while shimmying shoulders over two counts stepping onto left
- 11-12 Slide right in next to left while shimmying shoulders as you step right next to left
- 13-16 Repeat 9-12 above (section 1) ending with weight on left as you touch right next to left

Variation: counts 9-16 replace shimmies with hip thrusts and pull back on those reins

## RIGHT MAMBO FORWARD, LEFT MAMBO BACK, VINE RIGHT, LEFT TOUCH. SHIMMY OUT TO LEFT TWICE

- 1-16 Repeat counts 1-16

## CROSS AND STEP. BEHIND AND STEP. CROSS, SIDE, SAILOR STEP

- 1&2 Rock-step right diagonally forward over left, step left in place, step right next to left
- 3&4 Rock-step left diagonally back behind right, step right in place, step left next to right
- 5-6 Step right over left, step left to left side
- 7&8 Step right behind left, step left out to left side, step right in place

## CROSS AND STEP. BEHIND AND STEP, CROSS, SIDE, SAILOR STEP

- 1-8 Repeat the whole of section 3 leading with left foot

## SCOOT FORWARD (BOTH FEET) TWICE. SLAP RIGHT. SLAP LEFT

- 1-2 Scoot forward on both feet, repeat (easier option is to scoot right, left: count 61, 62)
- 3-4 Slap right hand onto right flank, slap left hand onto left flank
- &5-8 Repeat counts 61-4 of this section

## STEP FORWARD RIGHT WITH HEEL TAPS, STEP FORWARD LEFT WITH HEEL TAPS, SPIN ¾ TURN TO LEFT CIRCLING YOUR LASSO WITH RIGHT HAND

- 1-2 (Step right toes diagonally forward) tap right heel down for two counts (clicking fingers on right hand)
- 3-4 Repeat 1-2 leading with left and clicking fingers on left hand
- & (Keeping weight on ball of left foot) lift left heel off the floor
- 5 Make a slight turn to left as you place heel down touching right toes out to right side
- &6-8 Repeat 65 of this section (section 6) three more times to complete a ¾ turn to the left (as you make this ¾ turn, circle your right wrist to the right in air above your head as if spinning your lasso or hat!)

**REPEAT**