

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