

# Lady Cowboy

拍数: 64      墙数: 1      级数: Intermediate  
编舞者: Sandy Goodman (USA) - March 2017  
音乐: Lady Cowboy - RuPaul



#32 count intro.

## S1: Side Right, Behind, Side Shuffle, Cross Rock-Recover, Shuffle ¼ Left

1 - 2      Step Right side right (1), Step Left behind right (2)  
3 & 4      Step Right side right (3), Step Left beside right (&), Step Right side right (4) Lasso motion right arm  
5 - 6      Cross/Rock Left over right (5), Recover on Right (6)  
7 & 8      Step Left ¼ left (7), Step Right beside left (&), Step Left forward (8) Lasso motion right arm

## S2: Weave Right, Side Rock, Recover ¼ Left, Walk-Walk

1 - 4      Step Right side right (1), Step Left behind right (2), Step Right side right (3), Cross Left over right (4)  
5 - 6      Rock Right side right (5), Recover ¼ turn left on Left (6)  
Option: roll hips CCW 2 counts 6:00  
7 - 8      Walk forward Right (7), Left (8) Option: roll hips CCW 2 counts

## S3: Side Right, Behind, Side Shuffle, Cross Rock-Recover, Shuffle ¼ Left

1 - 2      Step Right side right (1), Step Left behind right (2)  
3 & 4      Step Right side right (3), Step Left beside right (&), Step Right side right (4) Lasso motion right arm  
5 - 6      Cross/Rock Left over right (5), Recover on Right (6)  
7 & 8      Step Left ¼ left (7), Step Right beside left (&), Step Left forward (8) Lasso motion right arm

## S4: Weave Right, Side Rock, Recover ¼ Left, Walk-Walk

1 - 4      Step Right side right (1), Step Left behind right (2), Step Right side right (3), Cross Left over right (4)  
5 - 6      Rock Right side right (5), Recover ¼ turn left on Left (6) □□□□□□ 12:00  
7 - 8      Walk forward Right (7), Left (8)

## S5: Side Shuffle Right, Rock Back-Recover, Side Shuffle Left, Rock Back-Recover

1 & 2      Step Right side right (1), Step Left beside right (&), Step Right side right (2)  
3 - 4      Rock back on Left (3), Recover onto Right (4)  
5 & 6      Step Left side left (5), Step Right beside left (&), Step Left side left (6)  
7 - 8      Rock back on Right (7), Recover on Left (8)

## S6: Step Forward, Pivot ¼ Turn Left (x2), Jazz Box

1 - 4      Step fwd. Right (1), Pivot ¼ left- weight Left (2), Step fwd. Right (3), Pivot ¼ left- weight Left (4) 6:00  
5 - 8      Cross Right over left (5), Step back on Left (6), Step Right side right (7), Cross Left over right (8)

## S7: Side Shuffle Right, Rock Back-Recover, Side Shuffle Left, Rock Back-Recover

1 & 2      Step Right side right (1), Step Left beside right (&), Step Right side right (2)  
3 - 4      Rock back on Left (3), Recover onto Right (4)  
5 & 6      Step Left side left (5), Step Right beside left (&), Step Left side left (6)  
7 - 8      Rock back on Right (7), Recover on Left (8)

## S8: Step Forward Right, Pivot ½ Turn Left, Stomp Right-Left, Bump Hips Right Twice, Bump Hips Left Twice

1 - 4 Step forward Right (1), Pivot ½ turn left (2), Stomp Right (3), Stomp Left (4)  
5 - 8 Bump hips Right - twice (5-6), Bump hips Left - twice (7-8) □ □ □ □ □ 12:00

Over For Tag Info>>>>>>>>>>

**#16 count tag: (happens one time on the 2nd wall, after the first 32 counts - facing 12:00).**

**Then Restart from the beginning of the dance.**

**TS1: Step Toe-Heel Forward - Right, Step Toe-Heel Forward Left, Bump Hips R-L-R-L**

1 - 4 Step Right toe fwd. right (1), Drop Right heel (2), Step Left toe fwd. Left (3), Drop Left heel (4)  
5 - 8 Bump hips Right (5), Left (6), Right (7), Left (8)

**TS2: Step Toe-Heel Back - Right, Step Toe-Heel Back Left, Bump Hips R-L-R-L**

1 - 4 Step Right toe back right (1), Drop Right heel (2), Step Left toe back Left (3), Drop Left heel (4)  
5 - 8 Bump hips Right (5), Left (6), Right (7), Left (8)

**See demo video for other Tag options, or create your own 16 count Tag**

**(Making sure that you stay on the 12:00 wall to keep it a 1 wall dance).....just have fun!!**

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