

Ghost of a Cowboy

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Improver / Intermediate
编舞者: Cathy Snow (USA) & Steve Cavanaugh (USA) - March 2019
音乐: Ghost of a Cowboy - Aaron Crawford



Intro: 32 counts

[1-8] RIGHT SUGAR FOOT, TRIPLE, LEFT SUGAR FOOT, TRIPLE

1-2 Point right toe to left instep, right heel to left instep
3&4 Triple-step in place right, left, right
5-6 Point left toe to right instep, left heel to right instep
7&8 Triple-step in place left, right, left

[9-16] 4X TOE HEEL STRUTS FORWARD

1-2 Right toes, step down R heel
3-4 Left toes, step down L heel
5-6 Right toes, step down R heel
7-8 Left toes, step down L heel

[17-24] 4X HEEL TOE/WALK BACKWARDS

1-2 Touch forward R heel, lower R toes to floor
3-4 Touch forward L heel, lower L toes to floor
5-6 Touch forward R heel, lower R toes to floor
7-8 Touch forward L heel, lower L toes to floor

[25-32] LINDY RIGHT, LINDY LEFT

1&2 Shuffle right, left, right to right side
3-4 Rock back on left behind right, recover right
5&6 Shuffle left, right, left to left side
7&8 Rock back on right behind left, recover

[33-40] R DOUBLE KICK, COASTER STEP, L DOUBLE KICK, COASTER

1-2 Low kicks right foot (two times)
3&4 Step right back, step right together & step right forward
5-6 Low kick left foot (two times)
7&8 Step left back, step left together & step left forward

[41-48] ¼ RIGHT MONTEREY TURN, JAZZ BOX

1&2 Touch R toe to R side, Pivot ¼ R on ball of L step R next to L
3-4 Touch L toe to Left, step L next to R
5-6 Cross R over L, step back on L
7-8 Step R to R side; step L next to R

[49-56] LINDY RIGHT, LINDY LEFT

1&2 Shuffle right, left, right to right side
3-4 Rock back on left behind right, recover right
5&6 Shuffle left, right, left to left side
7&8 Rock back on right behind left, recover

[57-64] LOCK STEP, TRIPLE STEP; LOCK STEP, TRIPLE STEP

1-2 Step right forward, cross left behind right
3&4 Step right, left right in place

5-6 Step left forward, cross right behind left
7&8 Step left, right, left

DANCE first 64 counts (complete dance)

RESTART dance on 3:00 wall AFTER first 24 counts - Restart only this one time
