

If I Was a Cowboy

COPPERKNOB
STEP SHEETS

拍数: 32 墙数: 2 级数: Improver
编舞者: Gail Smith (USA) - December 2021
音乐: 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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