

# 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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