

Ride a Cowgirl

拍数: 32 墙数: 4 级数: Improver
编舞者: Garrett Boyd (USA) - July 2024
音乐: Small Town Scandal - Zolita



Intro: 32 counts - 1 tag after Wall 2

[1 – 8] CROSS, SIDE, BEHIND SIDE CROSS, ROCK RECOVER, BEHIND SIDE FWD

1, 2 Cross L over R, step R out to R side
3 & 4 Step L behind R, step R out to left side, cross L over
5, 6 Rock right on R, recover on L
7 & 8 Step R behind L, step L out to left side, step R forward

[9 – 16] 1/2 HEEL DIG, COASTER, HEEL PRESENT (X3), HITCH, HEEL PRESENT

1 - 2 Touch L heel forward, digging with 1/2 turn over L shoulder keeping weight on R (6:00)
3 & 4 Step L back, step R together, step L forward
5 & 6 & Touch R heel forward, step R next to L, touch L heel forward, step L next to R
7 & 8 Touch R heel forward, hitch R knee, touch R heel forward

***Optional styling: On walls 4, 8, and 12, on the words "ride a cowgirl," you can make a lasso motion above your head on the heel hitches.**

[17 – 24] SHUFFLE, ¼ PIVOT, SHUFFLE, ½ PIVOT

1 & 2 Step R forward, step L together, step R forward
3 - 4 Step L forward, turn ¼ over right shoulder, placing weight on R (9:00)
5 & 6 Step L forward, step R together, step L forward
7 - 8 Step R forward, turn ½ over left shoulder, placing weight on L (3:00)

[25 – 32] V STEP, KICK BALL CHANGE, STEP, SCUFF

1, 2 Step R forward on right diagonal, step L forward on left diagonal
3, 4 Step R back to center, step L back to center to meet R
5 & 6 Kick R forward, bring R back to meet L, taking weight on R, step L in place
7, 8 Step R forward, scuff L forward

TAG after Wall 2

[1-4] CROSS AND ¾ UNWIND

1 Cross L over R
2 - 4 Unwind over R shoulder for 3 counts, ending with weight on R (3:00)

[5-12] SHUFFLE FWD, ½ SHUFFLE FWD, ¼ SHUFFLE FWD, ½ TURN, FLICK

1 & 2 Step L forward, step R together, step L forward (3:00)
3 & 4 ½ turn right, stepping R forward, step L together, step R forward (9:00)
5 & 6 ¼ turn left, stepping L forward, step R together, step L forward (6:00)
7, 8 Turn ½ over your R shoulder stepping forward on R, flick L foot out and pose on 8 (camera noise) (12:00)

***Optional* Final wall (Wall 13) is only 8 counts. Start facing 6:00 and on 7 & 8, do ½ coaster with a stomp on 8 to face 12:00.**

If you try this one out, tag me on Instagram @giraffically_speaking. I'd love to see it!
Check me out on YouTube @GarrettBoydDance

Last Update: 7 Oct 2024

