Electric Cowboy



编舞者: Levi J. Hubbard (USA) 音乐: Hillbilly Rap - Neal McCoy



Start dance on the first day-oh (16 counts from the start of the music)

VINES (RIGHT-LEFT)

1 Right - step to side

2 Left - cross step behind right

3 Right - step to side

4 Left - touch together while clapping hands

5 Left - step to side

6 Right - cross step behind left

7 Left - step to side

8 Right - touch together while clapping hands

Optional rolling vines can be done instead

FULL TURN TO THE BACK, HOP, STEP FORWARD, HOP, STEP FORWARD, HOP

Right - turning ½ turn right, step forward
Left - turning ½ turn right, step backward

11 Right - step backward

12 Right - hop slightly forward, while hitching left up

13 Left - step forward

14 Left - hop slightly forward, while hitching right up

15 Right - step forward

16 Right - hop slightly forward, while hitching left up

Option: you can just walk back on counts 9-12 if you wish

JUMPING JACK, CROSS STEP, ½ SPIRAL TURN (LEFT), SPANK IT WHILE YOU HOLD, SHUFFLE FORWARD

Jump both feet out (shoulder length apart)
Jump both feet together, crossing right over left

19 Unwind ½ turn left, while putting both hands on your hips

20 Hold (while spanking your hips)

21&22 Shuffle forward stepping (right-left-right) 23&24 Shuffle forward stepping (left-right-left)

JUMPING JACK, CROSS STEP, ½ SPIRAL TURN (LEFT), SPANK IT WHILE YOU HOLD, BODY ROLLS OR HIP ROCKS

Jump both feet out (shoulder length apart)
Jump both feet together, crossing right over left

27 Unwind ½ turn left, while putting both hands on your hips

28 Hold (while spanking your hips)

29-30 Roll your hips from front to back or bump it forward twice 31-32 Roll your hips from front to back or bump it backward twice

& Turn ¼ turn left and start again from the top

On counts 29-32 extend both arms forward, keeping both elbows slightly bent hands in fists with right wrist resting on left backhand (holding the reins)

REPEAT

For Windi and the Gang. You all have been there from day one!

