

Cowboys Rock 'n' Roll

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 2 级数: Intermediate
编舞者: Andreas Ehn (SWE)
音乐: Cowboys Like a Little Rock and Roll - Chris LeDoux



Sequence: A BB AA BB AC

PART A

TOE, HEAL, TOE, KICK, CROSS, TOE, HEAL, KICK

- 1 Touch right toe beside left leaning right knee to left
- 2 Touch right heal beside left leaning right knee to right
- 3 Touch right toe beside left leaning right knee to right
- 4 Kick right diagonally forward to right
- 5 Cross right over left
- 6 Touch left toe beside right leaning left knee to right
- 7 Touch left heal beside right leaning left knee to left
- 8 Kick left diagonally forward to left

BEHIND, STEP ¼, LEFT SHUFFLE, SPIRAL TURN, HOOK, LEFT SHUFFLE

- 1-2-3&4 Cross left behind right, step right ¼ right, left forward, right beside left, left forward
- 5&6 Step forward on right, full turn left on ball of right foot, hook left in front of right
- 7&8 Left forward, right beside left, left forward

ROCK STEP, RIGHT CHASSE ¼, RIGHT VINE, TOUCH

- 1-2-3&4 Rock forward on right, recover left, step right to right ¼ right, left beside right, right to right
- 5-8 Cross left over right, step right to right, cross left behind right, touch right beside left

BOOGIE STEPS X4, ROCK STEP, RIGHT SHUFFLE ½ RIGHT

- 1-4 Boogie steps: right, left, right, left
- 5-6 Rock forward on right, recover left
- 7&8 Step right forward ½ turn right, left beside right, right forward

KICK, BEHIND, SIDE, CROSS, KICK, BEHIND, SIDE, STEP

- 1-2 Kick left diagonally forward to left, cross left behind right
- 3-4 Step right to right, cross left over right
- 5-6 Kick right diagonally forward to right, cross right behind left
- 7-8 Left to left, forward on right

SCOOT ON RIGHT X3, STEP, ROCK STEP, RIGHT SHUFFLE ½ RIGHT

- 1-4 Hitch left knee and scoot 3 times on right, (option: play "air guitar" while scooting), left forward
- 5-6 Rock forward on right, recover left
- 7&8 Forward on right ½ turn right, left beside right, forward on right

SIDE, BEHIND, SIDE, HEAL, SIDE, BEHIND, SIDE, HEAL

- 1-2 Step left to left, cross right behind left
- 3-4 Step left to left, touch right heal diagonally forward to right
- 5-6 Step right to right, cross left behind right
- 7-8 Step right to right, touch left heal diagonally forward to left

LEFT, RIGHT, LEFT SHUFFLE, SPIRAL TURN, HOOK, LEFT SHUFFLE

- 1-2-3&4 Step left in place, step right forward, left forward, right beside left, left forward

5&6 Step forward on right, full turn left on ball of right, hook left in front of right
7&8 Left forward, right beside left, left forward

PART B

RIGHT VINE, CROSS, SIDE, HOLD, CROSS ROCK, LEFT CHASSE, CROSS ROCK, SWEEP, CROSS ROCK

1-4 Step right to right, cross left behind right, right to right, cross left over right
5-8 Right to right, hold, cross rock left behind right, recover on right

LEFT CHASSE, CROSS

1-4 Step left to left, right beside left, left to left, cross right over left
5-8 Recover on left start sweeping right foot around left (from 11:00 to 7:00), cross rock right behind left, recover on left

RIGHT CHASSE, STEP, RIGHT SHUFFLE, HOLD

1-4 Right to right, left beside right, right to right, forward on left
5-8 Right forward, left next to right, right forward, hold

LEFT MAMBO, BACK, HOLD, SWEEP TURN, TOUCH

1-4 Rock forward on left, recover right, step back on left, hold
5-8 Sweep right toe from front to back turning ½ right end with right touch beside left

PART C

RIGHT CHASSE, CROSS, SIDE, HOLD, ROCK, RECOVER

1-4 Right to right, left beside right, right to right, cross left over right
5-8 Right to right, hold, cross rock left behind right, recover on right

LEFT CHASSE, CROSS ROCK, RECOVER, SWEEP TURN, TOUCH

1-4 Left to left, right beside left, left to left, cross rock right over left
5-8 Recover on left, sweep right toe from front to back turning ½ right, touch right beside left

HIP ROLLS 2 ¾, SWAY

1-8 Weight on both feet as you roll hips 2 ¾ turns to the left (on drum roll) end by swaying hips to left (slowly)

BUMP, HOLD

1-4 Take small step to right with right as you bump hips to right (on drumbeat), hold, hold, hold

BOOGIE STEPS: RIGHT, HOLD, LEFT, HOLD

1-4 Take weight on left and do: right boogie step (on word "cowboys"), hold, left boogie step, hold
5-8 Right boogie step, hold, left boogie step, hold

DIAGONALLY SHUFFLES: RIGHT - LEFT - RIGHT - LEFT

1&2 Step right forward diagonally to right, step left next to right, step right forward diagonally to right
3&4 Step left forward diagonally to left, step right next to left, step left forward diagonally to left
5&6 Step right forward diagonally to right, step left next to right, step right forward diagonally to right
7&8 Step left forward diagonally to left, step right next to left, step left forward diagonally to left

MODIFIED MONTEREY, TOUCH, HOLD, STOMP TWICE, RIGHT. CROSS, LEFT CROSS

1-5 Point right to right, on ball of left make ½ turn right, touch right beside left, hold, hold
&6 Stomp right to slightly to right, stomp left slightly to left
&7 Stomp right slightly crossed over left, stomp left slightly crossed behind right

ENDING

On last stomp with left foot, put your right hand on your hat as you nod your head down and put your left arm parallel over your belt

The beat of the music is halved during section B and C, and counting can be tricky. There is a set of 4 counts (not 8) in C-section in order to better match the step sheet with the music
