

# Mad Cowboy Disease

COPPER KNOB  
STEPSHEETS

拍数: 48      墙数: 4      级数: Intermediate  
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音乐: Mad Cowboy Disease - John Michael Montgomery



## SAILOR STEP, SAILOR STEP KICK BALL CROSS FULL TURN

1&2      Right sailor step (cross right behind, left to left side, right to right side)  
3&4      Left sailor step (cross left behind, right to right side, left to left side)  
5&6      Kick right forward, replace right, cross left over right  
7-8      Full turn right (spiral), weight the left foot

## SHUFFLE FORWARD, CROSS TURN, STEP SIDE LEFT, LOOK LEFT, LOOK RIGHT AND HITCH RIGHT

1&2      Shuffle forward right, left, right  
3-4      Cross left over right, do a ¼ turn left by stepping back right (9:00)  
5-6      Step left to side left, look left  
7-8      Look right, hitch right

## SHUFFLE FORWARD, ½ TURN PIVOT, SHUFFLE FORWARD ¼ TURN PIVOT

1&2      Shuffle forward right, left, right  
3-4      Step forward left, pivot ½ turn right (weight right)  
5&6      Shuffle forward left, right, left  
7-8      Step forward right, ¼ turn pivot (weight left) (12:00)

## SAILOR STEP, COASTER STEP, ½ TURN, LEG SWEEP WITH A ¼ TURN

1&2      Right sailor step (cross right behind, left to left side, right to right side)  
3&4      Left coaster step with a ¼ turn left (9:00)  
5-6      Step forward right, ½ turn left (weight left)  
7-8      Right leg sweep in front with a ¼ turn left (12:00)

## TOUCH STEP, TWIST & TWIST TOUCH STEP TWIST & TWIST

1-2      Touch forward right, place weight on right  
3&4      Twist right, left, right  
5-6      Touch forward left, place weight on left  
7&8      Twist left, right, left (weight the left)

Stay on the balls of your feet for this 8 count while moving forward slightly

## ROCK STEP, STEP BACK AND DRAG, COASTER STEP, ¼ TURN LEFT, ½ TURN LEFT

1-2      Rock step forward right, recover left  
3-4      Big step back right, drag left heel back  
5&6      Left foot coaster step  
7-8      Turn step side right ¼ left, ½ pivot left stepping left to side (3:00)

REPEAT