

# Saddle Up Mad Cowboy

COPPER KNOB  
STEPPERS

拍数: 48      墙数: 4      级数: Improver  
编舞者: Gail Smith (USA) & Cheryl Hutchinson - July 2008  
音乐: Saddle Up - Mikel Knight



**Start Immediately after Rooster Crows!**

**RESTART: Wall 6 - Restart facing 12:00**

**Or Music: Mad Cowboy Disease - by John Michael Montgomery (Wall 4 - Restart facing 6:00)**

## **Jazz Jump, Knee Rolls, Chasse Left, Rock Step**

& 1      Right step forward, Left step forward with feet apart  
2      Roll right knee inward and around in a clockwise motion (weight on right)  
3 - 4      Roll left knee inward and around in a counter-clockwise motion (weight on left), REPEAT  
right knee roll  
5 & 6      Left step to side, Right step together, Left step to side  
7 - 8      Right step back - angle body slightly to right, Left step in place (recover)

## **Wiggle Walks, Kick-Turn-Kick, Shuffle**

9 & 10      Right toe step forward as you bump your hips two times and step heel down  
11 & 12      Left toe step forward as you bump your hips two times and step heel down  
13 & 14      Right kick forward, quick pivot 1 / 2 turn right on ball of Left foot while hitching the Right knee,  
Right kick forward  
15 & 16      Right step forward, Left step together, Right step forward

## **Heel Switches, Body Roll, Coaster, Rock To 1 / 4 Turn (Right)**

17 & 18      Left heel touch forward, AND left step next to right foot, Right heel touch forward  
& 19 - 20      Right step next to left foot, Left toe touch forward while Rolling your body down - up ( weight  
on right foot)  
21 & 22      Left step back, Right step next to left foot, Left step forward  
23 & 24      Right step forward, Left step in place (recover), turn 1 / 4 right and Right foot step to side

## **Cross, Side, Rock N Step, Cross, Side, Rock N Step**

25 - 26      Left step crossed over right foot, Right step to side  
27 & 28      Left step behind right foot (body angled right), Right step in place (recover), Left step to side  
29 - 30      Right step crossed over left foot, Left step to side  
31 & 32      Right step behind left foot (body angled left), Left step in place (recover), \*\*\*\*\* Right step to  
side

**\*\*\*\*\* Saddle Up Shorty - ON WALL 6 - Replace count 32 with Right SCUFF - RESTART (facing 12:00 wall)**

**\*\*\*\*\* Mad Cowboy Disease - ON WALL 4 - Replace count 32 with Right SCUFF - RESTART (facing 6:00 wall)**

## **Coaster 1 / 4 Turn (Left), Hip Rolls, Coaster**

33 - 34      Turn 1 / 4 turn left stepping back onto Left foot, Right step together, Left step forward  
35 - 36      Right step forward and roll hips in a counter-clockwise motion making 1 / 8 turn left (weight  
on left)  
37 - 38      REPEAT steps 33 - 34 completing 1 / 4 turn  
39 - 40      Right step back, Left step next to right foot, Right step forward

## **Shuffle, Stomps, Kick, Swivel Walk (Traveling Right), Hold, Claps**

41 & 42      Left step forward, Right step together, Left step forward

- 43 & 44 Right foot stomp two times, Right kick forward  
45 Swivel Left heel to the right as you touch your Right toe slightly to side (knee in and bent)  
& Swivel Left toe to the right as you touch your Right heel slightly to side (leg straight, toe up)  
46 & REPEAT steps 45 & ( Right toe, heel )  
47 & 48 REPEAT step 45 (Right toe -Total of 3 toe touches), AND Hold, Clap, Clap

**Start Over**

**Ending - Saddle Up - & 19 - 20 - Body Roll - when you straighten up, Hands In The Air**

**Ending - Mad Cowboy Disease - Steps & 1 - Jazz Jump, then Right step forward, Turn 1 / 4 (left) to face front, Hands In The Air**

**VARIATIONS - Low Impact**

- 2 - 4 Knee pops instead of rolls. (Raise right heel, step down. Raise left heel, step down, Raise right heel, step down)  
13 & 14 Touch right toe behind left foot, unwind 1 / 2 keeping weight on the left foot.  
45 -48 Toe, Heel, Toe, Heel, Toe Left stand in place. Right foot - Toe touches next to left foot (knee in), Heel touches next to left foot (leg straight), Hold on third toe touch and CLAP, CLAP
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