

# Ride a Cowboy

拍数: 64      墙数: 1      级数: Intermediate  
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音乐: Save a Horse (Ride a Cowboy) - Big & Rich



Intro: 32 counts

## S1: Walk in a full circle to the left

1-2            Step Right forward (start circle left), step Left forward  
3-4            Step Right forward, step Left forward  
5-6            Step Right forward, step Left forward  
7-8            Step Right forward, step Left forward (end circle left)

Use this steps to return to startposition

## S2: Cross, hold, sidestep, hold, cross, hold, sidestep, hold

1-2            Cross Right over Left, hold (shimmy shoulders)

**Bend forward**

3-4            Step Left to left side, hold(shimmy shoulders)

**Bend backwards**

5-6            Cross Right over Left, hold (shimmy shoulders)

**Bend forward**

7-8            Step Left to left side, hold(shimmy shoulders)

**Bend backwards**

## S3: 1/8 pivots left with hip roll

1-2            Step Right forward, 1/8 left with hip roll  
3-4            Step Right forward, 1/8 left with hip roll (9h)  
5-6            Step Right forward, 1/8 left with hip roll  
7-8            Step Right forward, 1/8 left with hip roll (6h)

Turn forefinger above head

## S4: Steps diagonally forward and back, Side step and hips

1-2            Step Right diagonally forward, step Left diagonally forward  
3-4            Step Right back, step Left beside Right

**Hips to right, left, right, left**

5-6            Step Right to side and hips right, left  
7-8            Hips right, left, right

Wave hands to right, left, right, left, right

## S5: Side, together, ¼ left and side, together, Jumps forward

1-2            Step Left to side (push hands forward), step Right beside Left (return hands)  
3-4            ¼ left and step Left to side (push hands forward), step Right beside Left (return hands) (3h)  
5-6            Jump forward legs apart, jump forward  
7-8            Jump forward, jump forward (weight on Left)

While jumping, Right hand on shoulder of dancer in front of you, Left hand, slap hips

## S6: ¼ left, side step and hip bumps

1-2            ¼ left, step Right to side and bump hips right, left, right

**Turn Right fist at head height (12h)**

3-4            bump hips left, right, left

**Turn Left fist at head height**

5-6            bump hips right, left, right

**Turn Right fist at head height (12h)**

7-8 bump hips left, right, left

**Turn Left fist at head height**

**S7: Shimmy shoulders right and left forward**

1-2 Step Right diagonally forward and shimmy shoulders

3-4 shimmy shoulders diagonally right forward

5-6 Step Left diagonally forward and shimmy shoulders

7-8 shimmy shoulders diagonally left forward

**S8: Jumps forward, paddle full turn**

1-2 Jump forward Right, Left, Jump forward Right, Left

3-4 Jump forward Right, Left, Jump forward Right, Left

**Stretch Left hand forward (rein)and slap Right hand(whip)**

5-6 ¼ left and touch Right to side, ¼ left and touch Right to side

7-8 ¼ left and touch Right to side, ¼ left and touch Right to side (12h)

**Swing Right hand lasso above head**

**Bridge: add following 8 counts, after 1e, 2e en 4e wall**

**Jumps backwards, paddle full turn**

1-2 Jump backwards Right, Left, Jump backwards Right, Left

3-4 Jump backwards Right, Left, Jump backwards Right, Left

**Stretch Left hand forward (rein)and slap Right hand(whip)**

5-6 ¼ left and touch Right to side, ¼ left and touch Right to side

7-8 ¼ left and touch Right to side, ¼ left and touch Right to side

**Swing Right hand lasso above head**

**Ending: after the bridge after 4th wall, there are 16 counts left Repeat the bridge 2x**

**Or as in the video: Menn step in left circle , behind Lady for 8 counts, and then dive under Lady's legs**

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