

Ride a Cowboy

拍数: 64 墙数: 1 级数: Intermediate
编舞者: Arne Stakkestad (BEL) - August 2008
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 $\frac{1}{4}$ left and touch Right to side, $\frac{1}{4}$ left and touch Right to side

7-8 $\frac{1}{4}$ left and touch Right to side, $\frac{1}{4}$ 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 $\frac{1}{4}$ left and touch Right to side, $\frac{1}{4}$ left and touch Right to side

7-8 $\frac{1}{4}$ left and touch Right to side, $\frac{1}{4}$ 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
