

Cowboy Swingin'

COPPER **KNOB**
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Knox Rhine (USA) - April 2010
音乐: Swingin' With the Cowboys - George Lee, Jr. & the Crazy Cowboys



Or: Swingin'/ John Anderson

8 Count intro, start with vocals

BUMP HIPS TO THE LEFT,

1 Step left with LEFT foot bumping hips left
& Relax
2 Bump hips left
& Relax
3 Bump hips left
& Relax
4 Bump hips left, transfer weight to LEFT foot

BUMP HIPS TO THE RIGHT

& Lift RIGHT foot
5 Step to right side with RIGHT foot, bumping hips right
& Relax
6 Bump hips right
& Relax
7 Bump hips right
& Relax
8 Bump hips right, transfer weight to RIGHT foot

1 1/4 PADDLE TURN RIGHT

& Lift LEFT toe slightly
9 Tap/push LEFT toe to left side & pivot 1/4 turn right on ball of RIGHT foot (3 o'clock),
& Lift LEFT toe slightly
10 Tap/push LEFT toe to left side & pivot 1/4 turn right on ball of RIGHT foot (6 o'clock)
& Lift LEFT toe slightly
11 Tap/push LEFT toe to left side & pivot 1/2 turn right on ball of RIGHT foot (12 o'clock)
& Lift LEFT toe slightly
12 Tap/push LEFT toe to left side & pivot 1/4 turn right on ball of RIGHT foot (3 o'clock)

SYNCOPATED 'VINE LEFT

13 Step to LEFT side with LEFT foot
14 Step across behind left leg with RIGHT foot
& Step to left side with LEFT foot
15 Step across in front of left leg with RIGHT foot
16 Step to left side with LEFT foot

SYNCOPATED 'VINE RIGHT

17 Step to right side with RIGHT foot
18 Step across behind right leg with LEFT foot
& Step to right side with RIGHT foot
19 Step across in front of right leg with LEFT foot
20 Step to right side with RIGHT foot

1 1/4 PADDLE TURN RIGHT

- & Lift LEFT toe slightly
- 21 Tap/push LEFT toe to left side & pivot 1/4 turn right on ball of RIGHT foot (6 o'clock)
- & Lift LEFT toe slightly
- 22 Tap/push LEFT toe to left side & pivot 1/4 turn right on ball of RIGHT foot (9 o'clock)
- & Lift LEFT toe slightly
- 23 Tap/push LEFT toe to left side & pivot 1/2 turn right on ball of RIGHT foot (3 o'clock)
- & Lift LEFT toe slightly
- 24 Tap/push LEFT toe to left side & pivot 1/4 turn right on ball of RIGHT foot (6 o'clock)

ROCK-STEP, SHUFFLE BACK,

- 25 Step forward with LEFT foot
- 26 Rock back onto RIGHT foot
- 27 Step back with LEFT foot
- & Step RIGHT foot next to left foot
- 28 Step back with LEFT foot

ROCK-STEP, SHUFFLE FORWARD

- 29 Step back with RIGHT foot
- 30 Rock forward onto LEFT foot
- 31 Step forward with RIGHT foot
- & Step LEFT foot next to right foot
- 32 Step forward with RIGHT foot

Repeat

PADDLE TURN OPTION: POINT, HITCH, POINT, TOUCH

- 9 Touch LEFT toe to left side
- 10 Hitch 1/4 turn right with LEFT knee
- 11 Touch LEFT toe to left side
- 12 Touch LEFT toe beside right foot

Same for counts 21 thru 24
