

Lady Cowboy

拍數: 64 牆數: 1 級數: Intermediate
編舞者: Sandy Goodman (USA) - March 2017
音樂: Lady Cowboy - RuPaul



#32 count intro.

S1: Side Right, Behind, Side Shuffle, Cross Rock-Recover, Shuffle ¼ Left

1 - 2 Step Right side right (1), Step Left behind right (2)
3 & 4 Step Right side right (3), Step Left beside right (&), Step Right side right (4) Lasso motion right arm
5 - 6 Cross/Rock Left over right (5), Recover on Right (6)
7 & 8 Step Left ¼ left (7), Step Right beside left (&), Step Left forward (8) Lasso motion right arm

S2: Weave Right, Side Rock, Recover ¼ Left, Walk-Walk

1 - 4 Step Right side right (1), Step Left behind right (2), Step Right side right (3), Cross Left over right (4)
5 - 6 Rock Right side right (5), Recover ¼ turn left on Left (6)
Option: roll hips CCW 2 counts 6:00
7 - 8 Walk forward Right (7), Left (8) Option: roll hips CCW 2 counts

S3: Side Right, Behind, Side Shuffle, Cross Rock-Recover, Shuffle ¼ Left

1 - 2 Step Right side right (1), Step Left behind right (2)
3 & 4 Step Right side right (3), Step Left beside right (&), Step Right side right (4) Lasso motion right arm
5 - 6 Cross/Rock Left over right (5), Recover on Right (6)
7 & 8 Step Left ¼ left (7), Step Right beside left (&), Step Left forward (8) Lasso motion right arm

S4: Weave Right, Side Rock, Recover ¼ Left, Walk-Walk

1 - 4 Step Right side right (1), Step Left behind right (2), Step Right side right (3), Cross Left over right (4)
5 - 6 Rock Right side right (5), Recover ¼ turn left on Left (6) □□□□□□ 12:00
7 - 8 Walk forward Right (7), Left (8)

S5: Side Shuffle Right, Rock Back-Recover, Side Shuffle Left, Rock Back-Recover

1 & 2 Step Right side right (1), Step Left beside right (&), Step Right side right (2)
3 - 4 Rock back on Left (3), Recover onto Right (4)
5 & 6 Step Left side left (5), Step Right beside left (&), Step Left side left (6)
7 - 8 Rock back on Right (7), Recover on Left (8)

S6: Step Forward, Pivot ¼ Turn Left (x2), Jazz Box

1 - 4 Step fwd. Right (1), Pivot ¼ left- weight Left (2), Step fwd. Right (3), Pivot ¼ left- weight Left (4) 6:00
5 - 8 Cross Right over left (5), Step back on Left (6), Step Right side right (7), Cross Left over right (8)

S7: Side Shuffle Right, Rock Back-Recover, Side Shuffle Left, Rock Back-Recover

1 & 2 Step Right side right (1), Step Left beside right (&), Step Right side right (2)
3 - 4 Rock back on Left (3), Recover onto Right (4)
5 & 6 Step Left side left (5), Step Right beside left (&), Step Left side left (6)
7 - 8 Rock back on Right (7), Recover on Left (8)

S8: Step Forward Right, Pivot ½ Turn Left, Stomp Right-Left, Bump Hips Right Twice, Bump Hips Left Twice

