

# Lady Cowboy

COPPER KNOB  
STEPPERS

拍數: 64      牆數: 2      級數: Phrased Intermediate  
編舞者: Anne Herd (AUS) - April 2017  
音樂: Lady Cowboy - RuPaul : (CD: American - iTunes - 3:02)



Intro: Start 32 beats in weight on L

SEQUENCE A A B (TAG) A A B A A A B  
SECTION A: 32 COUNTS

## A1: RIGHT AND LEFT TOUCH, TOUCH, COASTER

1-2-3&4      Touch R toe fwd. Touch R toe to side, Step back on R, Step L beside R, Step fwd. on R  
5-6-7&8      Touch L toe fwd. Touch L toe to side, Step back on L, Step R beside L, Step fwd. on L

## A2: ROCK FWD. 1/2 TURN SHUFFLE FWD. 1/4 TURN. SIDE SHUFFLE, ROCK BACK

1-2-3&4      Rock fwd. on R, Recover to L, Turn 1/2 R, Shuffle fwd. RLR  
5&6-7-8      Turn 1/4 R, Side shuffle L stepping LRL, Rock back on R, Recover to L (9:00)

## A3: 2 X KICKBALL CROSS, SIDE ROCK, BACK ROCK

1&2-3&4      Kick R on R 45, Step R together, Cross L over R, Kick R on R 45, Step R together, Cross L  
                 □over R  
5-6-7-8      Rock R to side, Recover to L, Rock back on R, Recover to L

## A4: TWO X 1/4 PADDLE TURNS, 1/4 JAZZ BOX

1-2-3-4      Step fwd. on R, Make paddle turn L, Step fwd. on R, Make paddle turn L  
5-6-7-8      Cross R over L, Turn 1/4 L, Stepping back on L, Step R to side, Step fwd. on L

## SECTION B: 32 COUNTS

### B1: RIGHT AND LEFT, HEEL & HEEL & DOUBLE HEEL

1&2&3-4&      Touch R heel fwd. Step R beside L, Touch L heel fwd. Step L beside R, Touch R heel fwd.  
                 □twice. Step R beside L  
5&6&7-8&      Touch L heel fwd. Step L beside R, Touch R heel fwd. Step R beside L, Touch L heel fwd.  
                 □twice. Step L beside R

### B2: RIGHT & LEFT DOROTHY STEPS, PIVOT, 2 X 1/2 PIVOTS

1-2&3-4&      Step R foot forward on the diagonal, Lock L behind R, Step forward on R on R diagonal, Step  
                 □forward on L diagonal, Lock R behind L, Step forward on L  
5-6-7-8      Step forward on R, Pivot 1/2 L weight on L, Step forward on R, Pivot 1/2 L weight on L

### B3: RIGHT AND LEFT, HEEL & HEEL & DOUBLE HEEL

1&2&3&4&      Touch R heel fwd. Step R beside L, Touch L heel fwd. Step L beside R, Touch R heel fwd.  
                 □twice. Step R beside L  
5&6&7&8&      Touch L heel fwd. Step L beside R, Touch R heel fwd. Step R beside L, Touch L heel fwd.  
twice. □Step L beside R

### B4: 1/4 TURN HIP BUMPS, SIDE BUMPS, 1/4 TURN, HIP BUMPS

1&2-3&4      Turn 1/4 L, Step R to side as you bump hips RLR, Step L to side as you bump hips LRL  
5&6-7&8      Turn 1/4 L, Step R to side as you bump hips RLR, Step L to side as you bump hips LRL

[64]

TAG: After you complete section B the first time add the following 16 count tag

### PIVOT 1/2 SHUFFLE FWD. ROCK FWD. COASTER.

1-2-3&4      Step fwd. on R, Pivot 1/2 L, Shuffle fwd. RLR  
5-6-7&8      Rock fwd. on L, Recover to R, Step back on L, Step R beside L, Step L fwd.

## **RIGHT AND LEFT STOMP, HEEL SWIVELS**

1-2-3-4 Stomp R fwd. on the diagonal, Swivel L towards R, Toe, Heel, Touch L beside R

5-6-7-8 Stomp L fwd. on the diagonal, Swivel R towards L, Toe, Heel, Touch L beside R.

Contact: [anneherd@bigpond.com](mailto:anneherd@bigpond.com)

---