

# Save A Horse, Again

拍數: 32      牆數: 4      級數: Improver  
編舞者: Karianne Heimvik (NOR) - October 2018  
音樂: Save a Horse (Ride a Cowboy) - Big & Rich



This dance was made on request for an event in my hometown Bergen in Norway!

There is a Tag on the last 8 counts of the chorus.

## (1-8) R heel hook x2, fwd shuffle, L heel hook x2, fwd shuffle

- 1&2&      R heel fwd on right diagonal, bring R over left leg (hook), R heel fwd on right diagonal, bring R over left leg (hook)  
3&4      Step fwd on R , step L next to R, step fwd on R  
5&6&      L heel fwd on left diagonal, bring L over right leg (hook), L heel fwd on left diagonal, bring L over right leg (hook)  
7&8      Step fwd on L , step R next to L, step fwd on L

## (9-16) R Heel ¼ turn, shuffle ¼ turn, ½ turn, ½ turn, fwd mambo (with hip bump)

- 1,2      step fwd on R heel and turn ¼ to right on the heel, step L back  
3&4      step fwd on R with ¼ turn to right, step L next to R, step fwd on R  
5,6      make ½ turn to right stepping back on L, continue with ½ turn to right stepping fwd on R

### (Easier option: walk L, walk R)

- 7&8      rock fwd on L, recover weight to R, step L next to R (as you step L next to R, bump/push your hips back)

## (17-24) samba cross x4

- 1&2      rock R to left, step L in place, cross R over L  
3&4      rock L to left, step R in place, cross L over R  
5&6      rock R to left, step L in place, cross R over L  
7&8      rock L to left, step R in place, cross L over R

## (25-32) rock fwd, shuffle ½ turn, ½ turn, ¼ turn

- 1,2      rock fwd on R, recover weight on L  
3&4      ½ turn to right stepping fwd on R, step L next to R, step fwd on R  
5,6      step fwd on L, make ½ turn to right stepping fwd onto R  
7,8      make ¼ turn to right stepping L to left, touch R to L

There is the same 8 count Tag on the last 8 counts of the chorus they sing : «everybody..... save a horse, ride a cowboy»

After the last chorus, they play the last 8 counts 3 times, do the tag 3 times too

**END OF DANCE!**

### Tag (8 counts):

- 1&2&      point R to right, step R in place, point L to left, step L in place  
3&4&      point R to right, step R in place, point L to left, step L in place  
5&6&      R heel fwd, step R in place L heel fwd, step L in place  
7,8      sweep R fwd and up in a backward circle motion, stomp R in place

**START DANCE AGAIN!**

Remember to have fun and SMILE!

Last Update - 23 Mar 2025

