

# Cowboy's Busy (牛仔很忙)

COPPER KNOB  
STEPSHEETS

拍數: 96      牆數: 1      級數: Phrased Improver  
編舞者: Jaslin Lim (SG) - October 2024  
音樂: Cowboy On The Run (牛仔很忙) - Jay Chou (周杰倫)



Intro: 32 count

SEQUENCE : AA BB CD AA BB DBB  
NO TAG AND RESTART

## PART A (32 COUNTS)

### S1. HEEL DIG, TOE TOUCH, HEEL DIG, HOLD

1-4&      Dig R heel diagonally forward, touch R toe next to L, dig R heel, hold, step R beside L(&)  
5-8&      Repeat the above steps with L foot

### S2. CROSS BACK BACK, CROSS BACK BACK, CROSS, STEP TOGETHER

1-4      Cross R over L, step back on L and R, cross L over R  
5-8      Step back on R and L, cross R over L, step L next to R

### S3. LINDY STEPS

1&2      Chasse right on R, L, R  
3-4      Rock L behind R and recover  
5&6      Chasse left on L, R, L  
7-8      Rock R behind L and recover

### S4. SIDE TOUCHES (STYLING: LASSO)

1-4      Step R to right, touch L besides R, step L to left, touch R besides L  
5-8      Repeat above steps

## PART B (16 COUNTS)

### S1. VAUDEVILLES

1&2&      Cross R over L, step L to left, dig R heel diagonally forward, step R besides L (&)  
3&4&      Cross L over R, step R to right, dig L heel diagonally forward, step L besides R (&)  
5&6&      Repeat S1 (1&2&)  
7&8&      Repeat S1 (3&4&)

### S2. KNEE BOUNCE WITH CLOCKWISE BODY ROTATION

1-8      Bounce both knees slightly, rotate body clockwise

## PART C (16 COUNTS)

### S1. STEP IN PLACE R, L, R, L HEEL DIG, STEP IN PLACE L, R, L, R HEEL DIG (STYLING : SHOW THE GUNSHOT HAND GESTURES)

1-4      Step on R, L, R, dig L heel forward  
5-8      Step on L, R, L, dig R heel forward

### S2.

1-8      Repeat Part C - S1

## PART D (32 COUNTS)

### S1. WALK FORWARD R, L, R, TOUCH, WALK BACKWARD TOUCH (STYLING:SPIN A LASSO WITH YOUR RIGHT HAND)

1-4      Walk forward on R, L, R, touch L beside R  
5-8      Walk backward on L, R, L, touch R besides L

**S2. WALK FORWARD R, L, R, TOUCH, WALK BACKWARD TOUCH (STYLING:SPIN A LASSO WITH YOUR RIGHT HAND)**

1-8 Repeat Part D - S1

**S3. MONTEREY HALF TURNS**

1-4 Point R to right(1), half turn right and step on R (2), point L to left(3), step L besides R(4)

5-8 Repeat 1 - 4

**S4. SIDE TOUCHES (STYLING:SPIN A LASSO WITH YOUR RIGHT HAND)**

1-4 Step R to right, touch L besides R, step L to left, touch R besides L

5-8 Repeat above steps

**Last Update - 16 Oct. 2024 - R1**

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