

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

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