

Cowboy Is Busy

COPPER KNOB
STEPPERS

拍數: 80 牆數: 0 級數: Phrased Intermediate
編舞者: Hennie Kim (INA) - March 2025
音樂: Cowboy On The Run (牛仔很忙) - Jay Chou (周杰倫)



Dance start from the lyric begins

Sequence : AA BB tag C AA BB C BB

Part A 32 counts

Section 1 : Lindy R, L

1&2 Step R to side- step L beside R(&)- step R to Side
3-4 Rock L behind R- recover on R
5&6. Step L to side- step R beside L(&)- step L to Side
7-8. Rock R behind L - recover on L

Section 2 : Diagonal Shuffle, chicken walk

1&2 Diagonal R forward- Step L beside R - diagonal R Forward (facing 1.30)
3&4 Diagonal L forward- Step R beside L- diagonal R Forward (facing 1.30)
5-8 R toe, L toe, R toe, L toe

Section 3 : Rocking chair, paddle ¼ x 2

1 - 4 R forward, L in place, R backward, L in place
5 - 8 R toe forward, Roll hip ¼ L x 2 facing 06.00

Section 4 : Cross point x , Jazz box

1 - 4 R cross L , point L to Left , L cross R, pont R to Right
5 - 8 Cross R, step L back, step R to right, step L forward

Part B 16 counts

Section 1 : Vaudeville

1&2&3&4& Cross right over left. Step diagonally back left on left & turn body diagonally to the right.
Touch right heel diagonally forward to the right. Cross left over right. Step diagonally back
right on right & turn body diagonally to the left. Touch left heel diagonally forward to the left.
5&6&7&8 same as 1&2&3&4&

Section 2 : Forward shuffle, backward shuffle, rock forward walk walk

1&2 Step R forward, lock L behind R, step R forward
3&4 turn ½ R Step L backward, step R front L, step L backward
5-8 Step R backward, L in place, walk R L

Part C : 32 counts

Section 1 : Forward Shuffle, L Chassé

1&2 R forward , L beside R, R forward
3&4 Turn ¼ L, step L to left, step R beside L, step L to left
5&6 R forward , L beside R, R forward
7&8 Turn ¼ L, step L to left, step R beside L, step L to left

Section 2 : Do the same as Section 1

Section 3 : Weave L R

1-4 cross R in front L, step L to left, cross L behind R, touch L to left
5-8 cross L in front of R, step R to right, cross R behind L, touch R to right

Section 4 : Cross touch

1-4 cross R over L, touch L in place, step L in place, step R to right

5-8 cross L over R, touch R in place, step R in place, step L to left

TAG : 16 Counts

1&2&3&4&5&6&7&8 Step R to R side, step L in place, step R close beside L, step L to L side, step R in place, step L close beside R, step R to R side, step L in place, step R close beside L, step L to L side, step R in place, step L close beside R, step R to R side, step L in place, close R beside L(8) while point finger

1&2&3&4&5&6 Step L to L side, step R in place, step L close beside R, step R to R side, step L in place, Step R beside L, step L to L side, step R in place, step L to L side, step R in place, step L to L side

7&8 while point finger act bang, bang, bang

HAVE FUN! ♦
