Giddy-Up on Cowboy



拍數: 32 編數: Absolute Beginner

編舞者: Helaine Norman (USA) - March 2025

音樂: Git Yer Cowboy On - Sean Patrick McGraw



INTRO: 32 - No tags. Restart: 1

I. VINE; HIP BUMPS

1-4 Step R side, step L behind, step R side, stomp L (without weight) together

5-8 Hip bumps to the side: L R L R

Optional for 5-8: Double bump to L side, double bump to R side

II. VINE; HIP BUMPS

1-4 Step L side, step R behind, step L side, stomp R (without weight) together

5-8 Hip bumps to the side: R L R L

Optional for 5-8: Double bump to R side, double bump to L side

*RESTART HERE: Facing 12:00 during wall 5.

III. HUSTLE WALK WITH HITCH

1-4 Walk forward: R L R, kick L forward5-8 Walk back: L R L, hitch R together

Optional styling for count 8: Slap R hand on R knee or R thigh.

IV. 1/2 L-TURN PADDLES

Step forward on R ball and push off making 1/8 turn left, weight to L (10:30)
Step forward on R ball and push off making 1/8 turn left, weight to L (9:00)
Step forward on R ball and push off making 1/8 turn left, weight to L (7:30)
Step forward on R ball and push off making 1/8 turn left, weight to L (6:00)

Optional styling: Mimic lassoing like a cowboy as you paddle.

REPEAT

RESTART: Facing 12:00 during wall 5 after 16 counts.

Helaine43@gmail.com