Kool Cowboy



拍數: 64 編數: Intermediate/Advanced

編舞者: Levi J. Hubbard (USA) 音樂: She Bangs - Ricky Martin



DOUBLE STOMP, DOUBLE KICK, COASTER STEP, KICK-BALL CHANGE

1	Right - stomp in place (no weight)
2	Right - stomp in place (no weight)

3 Right - kick forward4 Right - kick forward

5 Right - step back on (ball of) foot & Left - step together on (ball of) foot

Right - step forwardLeft - kick slightly forward

Left - land on (ball of) foot, slightly lifting right off floor
 Right - lower foot back to floor (foot takes weight)

9-16 Repeat above counts 1-8 for counts 9-16 starting with your left foot this time

KICK-BALL TOUCH, KICK-BALL TOUCH, KICK-BALL CHANGE, STEP FORWARD, ½ TURN (LEFT) (REPEAT)

17 Right - kick slightly forward

& Right - step back in place (foot takes weight)

Left - touch toe in placeLeft - kick slightly forward

& Left - step back in place (foot takes weight)

20 Right - touch toe in place21 Right - kick forward

& Right - land on (ball of) foot, while slightly lifting left foot off floor

Left - lower foot back to floorRight - step straight forward

Right - pivot ½ turn left on (ball of) foot, letting left foot land together (taking weight)

25-32 Repeat above counts 17-24 same feet

SIDE TRIPLE (RIGHT), BACK ROCK-RECOVER, TRIPLE LEFT TURNING 1/4 TURN (RIGHT), BACK ROCK-RECOVER

33	Right - step to side
&	Left - step together
34	Right - step to side

35 Left - cross step (rock) behind right foot, while slightly lifting right foot off floor

Right - lower foot back to floor (recover)
Left - starting ¼ turn right, step to side

& Right - step together

38 Left - finishing ¼ turn right, step slightly backward

39 Right - step (rock) backward, while slightly lifting left foot off floor

40 Left - lower foot back to floor (recover)

BOOGIE WALK FORWARD, CROSS ROCK-RECOVER, FULL TURN (RIGHT) MOVING BACK COASTER STEP

41	Right - step forward (twisting hips
42	Left - step forward (twisting hips)

43 Right - cross step (rock) in front of left foot, while slightly lifting left foot off floor

44	Left - lower foot back to floor (recover)
45	Left - pivot ½ turn right on (ball of) foot, stepping forward on right
46	Right - pivot ½ turn right on (ball of) foot, stepping back on left
47	Right - step backward on (ball of) foot
&	Left - step together on (ball of) foot
48	Right - step forward
SIDE STEP, B	EHIND & CROSS, ¼ TURN (RIGHT), SIDE TRIPLE (RIGHT), CROSS ROCK-RECOVER
SIDE STEP, B	EHIND & CROSS, ¼ TURN (RIGHT), SIDE TRIPLE (RIGHT), CROSS ROCK-RECOVER Left - step to side
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49	Left - step to side
49 50	Left - step to side Right - cross step behind left foot

Right - step to sideLeft - step together

54 Right - step to side

Left - cross step (rock) in front of right foot, while slightly lifting right foot off floor

Fight - lower foot back to floor (recover)

1/4 TRIPLE TURN (LEFT), STEP FORWARD, 1/2 PIVOT TURN (LEFT), HEEL SWITCHES X 4

57 Left - starting ¼ turn left, step slightly to side

& Right - step together

Left - finishing ¼ turn left, step slightly forward

59 Right - step straight forward

60 On (balls of) both feet, pivot ½ turn left 61& Right - tap heel forward, step together 62& Left - tap heel forward, step together 63& Right - tap heel forward, step together 64& Left - tap heel forward, step together

REPEAT

Option: counts 17-22 and 25-30 can be replaced with 3 right kick-ball changes