

Ride A Cowboy

COPPER KNOB
BY STEPHENETS

拍數: 36 牆數: 2 級數: Improver
編舞者: Frank Light (USA) & Daun Gross-Light (USA)
音樂: Save a Horse (Ride a Cowboy) - Big & Rich



-
- 1-2 Step forward to the left with the left foot, step to the right with the right foot (legs spread shoulder width, weight evenly distributed, knees bent slightly (position of a cowboy in the saddle))
- 3-4 Hip shake to the left, hip shake to the right
- 5-6 Hop forward with legs spread, hop forward with legs spread
- 7-8 Hip shake to right, hip shake to left
-
- 1-2 (Shift weight to the left foot) touch turn to the left (touch right toe to right side, step right next to left as you turn ½ turn to the left (to 6:00), shift weight to the right foot)
- 3-4 Left kick-ball-change (weight to right foot)
- 5-6 Cross left foot over right foot and touch turn ½ turn to the right (to 12:00, weight on right foot)
- 7-8 Touch left foot to front, touch left foot to rear
-
- 1-2 Shuffle forward left-right-left (weight on left foot)
- 3-4 Touch right foot to front, touch turn to the left ¼ turn (9:00, weight on left foot)
- 5-6 Cross right foot over left, turn ½ turn to the left (to 3:00, shift weight to right foot)
- 7-8 Left kick-ball-change (weight on right foot)
-
- 1-2 Left sailor shuffle (weight on left foot)
- 3-4 Right sailor shuffle turning ¼ turn to the right (6:00, weight on right foot)
- 5-8 Starting with left foot, walk forward 4 steps while turning full turn (walking turn, weight ends up on right foot)
-
- 1-2 Step forward on left foot, lock right foot behind left heel (weight on right foot)
- 3-4 Step forward on left foot, lock right foot behind left heel (weight on right foot)

REPEAT
