

Save A Horse (Ride A Cowboy)

COPPERKNOB
STEPSHEETS

拍數: 72 牆數: 4 級數: Intermediate
編舞者: Kimberly F Gautney (USA)
音樂: Save a Horse (Ride a Cowboy) - Big & Rich



POINT RIGHT, CROSS, LEFT; CROSS; RIGHT, CROSS, LEFT, CROSS

1-2 Point right to the side, cross right over left, put weight on right
3-4 Point left to the side, cross left over right, put weight on left
5-6 Point right to the side, cross right over left, put weight on right
7-8 Point left to the side, cross left over right, put weight on left

TRIPLE STEP BACK RIGHT & LEFT, ROCK STEP, ½ TURN

1&2-3&4 Triple step backwards - right-left-right; left-right-left
5-6 Rock back on right, recover onto left
7-8 Step forward on right, pivot ½ turn left

GRAPEVINE RIGHT, OUT/OUT & CROSS & TURN, CLAP

1-4 Right foot step to right, cross left behind, step to right, together with left
&5&6 Step out - right left, bring left in & cross right over left
7-8 Unwind ½ turn left, clap hands

GRAPEVINE RIGHT, OUT/OUT & CROSS & TURN, CLAP

1-4 Right foot step to right, cross left behind, step to right, together with left
&5&6 Step out - right left, bring left in & cross right over left
7-8 Unwind ½ turn left, clap hands

WALK FORWARD, HITCH ¼ TURN; WALK BACK

1-4 Walk forward right, left, right; hitch left knee & turn ¼ turn left
5-8 Walk back left, right, left, together right

HEEL JACK, HEEL JACK, ½ TURN (PUSH AROUND 4 - 1/8 TURNS)

&1&2 Step right foot slightly back, touch left heel forward, step together left then right
&3&4 Step left foot slightly back, touch right heel forward, step together right then left
&5&6&7&8 Touch right to side and push out 4 1/8 turns (total is ½ turn)

RIGHT SLIDE, STOMP, STOMP; LEFT SLIDE, STOMP, STOMP

1-2-3&4 Step right on right, slide left to the right for 2 counts, stomp right then left
5-6-7&8 Step left on left, slide right to the left for 2 counts, stomp left then right

HOP FORWARD, ROLL HIPS, HOP BACK, ROLL HIPS

&1&2&3&4 Syncopated hops forward - right, left, right, left, right, left, right, left
5-6-7-8 Roll hips in circle to the left

&1&2&3&4 Syncopated hops back - right, left, right, left, right, left, right, left
5-6-7-8 Roll hips in circle to the left

Option note: while hopping forward/backwards, use right hand in lasso movement above head

REPEAT

Dance will start 4 times - beginning at each of the 4 walls - For Dance to work exactly to the music: the first 2 sets of the dance - the last 16 count (hop forward with hip rolls then hop backwards with hip rolls) go directly to the music singing "Save a Horse Ride a Cowboy"; The 3rd set of dance -do 1st set of 8 only (hop forward with hip rolls only then start dance over - Do not hop backwards with hip rolls); At 4th round - do last 16

counts twice (hop forward, roll hips, hop back, roll hips, hop forward, roll hips, hop back, roll hips)
