

Save The Horse

COPPER **NOB**
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Beverly D'Angelo (USA) & Johnny Montana (USA)
音樂: Save A Horse (Ride A Cowboy) (Remix) - Big & Rich



Remix can be downloaded on iTunes, Walmart or any other internet music provider

RIGHT MAMBO CROSS (SCISSORS), LEFT MAMBO CROSS (SCISSORS)

- 1&2 Rock out to right side onto right foot, replace weight onto left foot, step forward and across left onto right foot
3&4 Rock out to left side onto left foot, replace weight onto right foot, step forward and across right onto left foot

STEP/TURN, KICK, COASTER STEP

- 5&6 Step forward onto right foot, make a ½ turn pivot to left (weight is on right), kick left foot forward
7&8 Step back onto left foot, step onto right next to left, step forward onto left foot

SKATE, SKATE, STEP-LOCK-STEP

- 1-2 Skate forward right, skate forward left
3&4 Step forward onto right foot, lock left behind right and step, step forward onto right foot

ROCK, REPLACE, STEP-LOCK-STEP

- 5-6 Step forward onto left and rock, step back (replace weight) onto right foot
7&8 Step back onto left foot, cross right over left and lock, step back onto left foot

TURN, SWAY

- 1-2-3-4 Make a ¼ turn to right (to the right) and step to right side onto right foot swaying hips to right, bend knees and sway hips left, right, left (weight on left foot)

SAILOR STEP, SAILOR STEP

- 5&6 Cross right behind left and step, step to left side onto left foot, step to right side onto right foot
7&8 Cross left behind right and step, step to right side onto right foot, step to left side onto left foot

PUMP, TURN/TOUCHES

- &1 Pump right knee across left leg, make a 1/8 turn to left and touch right toe to right
&2 Pump right knee across left leg, make a 1/8 turn to left and touch right toe to right
&3- Pump right knee across left leg, make a 1/8 turn to left and touch right toe to right
&4 Pump right knee across left leg, make a 1/8 turn to left and touch right toe to right

You are making a total of ½ turn to the left

Option for &1 thru &4:

- &1 Make a ¼ turn
&2 Make a ¼ turn
&3 Make a ½ turn
&4 Make a ½ turn for a total of 1 and ½ turns

Another option for &1 thru &4:

Do a paddle turn. I.e. Ball change steps (step onto sole of right foot slightly to right side, replace weight to left foot) making the same 1/8th turns to left doing a total of ½ turn to left

Additional options for &1 thru &4

Raise right arm and rotate as if you were swinging a lasso

COASTER STEP, STOMP-STOMP-STOMP

- 5&6 Step back onto right, step back onto left next to right, step forward onto right foot

7&8

Moving forward each step stomp left, right, left

REPEAT
