

Silver Cowboy

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Lorraine Susan Taylor (UK)
音樂: Silver Cowboy - Marie Haslemore



BASIC RUMBA - TWIST TURN

- 1-2 Cross rock right foot over left foot, rock back onto left foot
- 3-4 Step right foot to right, hold
- 5-6 Cross left foot over right foot, twist $\frac{3}{4}$ turn to right (end with weight on right foot)
- 7-8 Step left foot forward, hold

SIDE ROCK CROSS - ROCK TURN

- 1-2 Step right foot to right, rock weight onto left foot
- 3-4 Cross right foot over left foot, hold
- 5-6 Step left foot to bumping hips to left, starting to turn $\frac{1}{4}$ to right rock forward onto right foot, bumping hips to right
- 7-8 Rock back onto left foot bumping hips to left and completing $\frac{1}{4}$ turn to right, hold

Styling for counts 5-8: as you step onto left foot bend into left knee and pull left shoulder slightly back, bringing right arm forward and across body, as you rock onto right & left allow right arm to move naturally out to right side

BACK ROCK - $\frac{1}{2}$ TURN - SLIDE - SYNCOPATED TOE TAPS

- 1-2 Step right foot back, rock forward onto left foot
- 3-4 Step forward on ball of right foot, pivot $\frac{1}{2}$ turn to left (weight ends back onto right foot) tap left toe forward
- 5-6 Slide left foot a long step to left over two counts
- &7-8 Tap right toe to left foot, tap right toe to right, tap right toe to left foot

STEP SLIDE HIP BUMPS - $\frac{1}{4}$ TURN RIGHT SIDE ROCK

- 1-2 Step right foot diagonally forward to right, slide left foot towards right foot
- 3-4 Close left foot to right foot bumping hips to left, rock weight onto right foot bumping hips to right
- 5-6 Step left foot diagonally back to left, hold for one beat
- 7-8 Turning $\frac{1}{4}$ to right step right foot to right, rock weight onto left foot

REPEAT