

Smokin' Cowboy

COPPER KNOB
STEPSHEETS

拍數: 76 牆數: 2 級數: Advanced
編舞者: "Rodeo" Ruth Lambden (UK)
音樂: I'm a Cowboy - Smokin' Armadillos



HEEL DIG-HITCH-HEEL-HITCH & VINE

1-2 Right heel dig forward: hitch right knee
3-4 Right heel down crossing over left foot: hitch right knee
5-6 Right foot steps to right: cross left foot behind
7-8 Right foot steps to right: touch left foot next to right
9-16 Repeat steps 1-8 on left

JUMP & HEEL OUT (LEFT-RIGHT-LEFT-LEFT)

&17 Hop on left leg (leaning to left): touch right heel forward on right diagonal
&18 Bring right foot to place: step left next to right
&19 Hop on right leg (leaning to right); touch left heel forward on left diagonal
&20 Bring left foot to place: step right next to left
&21&22 Repeat counts &17 &18
&23&24 Repeat counts &17 &18

JUMP APART-TOGETHER WITH CROSS OVER & FULL TURN LEFT

25-26 Jump both feet apart: jump both feet in crossing right over left
27-28 Unwind with full turn to left

JUMP APART-TOGETHER WITH CROSS OVER & ½ TURN LEFT

29-30 Jump both feet apart: jump both feet in crossing right over left
31-32 Unwind with ½ turn to left

SHUFFLE FORWARD TWICE: SHUFFLE TO RIGHT: SHUFFLE TO LEFT

33&34 Shuffle forward on right-left-right
35&36 Shuffle forward on left-right-left
37&38 With ¼ turn right on first step shuffle right-left-right
39&40 With ½ turn left on first step shuffle left-right-left

OUT-OUT-IN-IN TWICE (KNEES BENT ON OUT STEPS)

41-42 With ¼ turn to right on right foot step out right: step out left
43-44 Step right foot in: step left foot in
45-48 Repeat counts 41-44 facing front

STEP OUT-OUT: SLAP-SLAP & SHOOT (KNEES BENT ON OUT STEPS)

49-50 Step right foot out to right side: step left foot out to left side
51-52 Slap right hand to right buttock: slap left hand to left buttock
53-54 Turn upper body to right & "shoot" behind with right hand twice
55-56 Turn upper body to left & "shoot" behind with left hand twice

1 ½ TURNS TO LEFT TURNING OVER RIGHT SHOULDER

57-60 Turn back over right shoulder to left wall, stepping ½ turn with right foot: continue turning ½ with left foot: continue turning ½ with right foot: touch left foot next to right

SHUFFLE FORWARD TWICE-STEP ½ TURN-STEP ½ TURN

61&62 Shuffle forward left-right-left
63&64 Shuffle forward right-left-right

65-66 Step forward left foot & pivot ½ turn right
67-68 Step forward left foot & pivot ½ turn right

SHIMMY-TURN & CLAP

69-70 Step left foot to left side & shimmy shoulders
71-72 Make ½ turn to left on ball of left foot & touch right foot next to left & clap hands

SHIMMY & CLAP

73-74 Step right foot to right side & shimmy shoulders
75-76 Slide left foot next to right & clap hands

REPEAT

The choreographer (Ruth Lamden) states that on counts 57-60 the turn is over your right shoulder, to the left wall from your starting position and as an alternative to the full 1½ turn. You can do a grapevine left with ½ turn left & step to right
