

Cowboy Beat

拍數: 144 牆數: 1 級數:
編舞者: Kitty Hunsaker (USA)
音樂: Cowboy Beat - The Bellamy Brothers



Start with torso angled diagonally left

ROCKING CHAIRS

The hands and arms are bent at the elbow and are moving across the body in an opposite motion to the feet like windshield wipers in motion.

- 1-2 Step forward on right foot, rock back on left foot in place
- 3-4 Step back on right foot, rock forward on left foot in place
- 5-8 Repeat counts 1-4

TWIST & CROSS STEPS

- 9 Step right foot forward and across left foot (angle toe to 11 o'clock)
- 10 Step left foot forward and across right foot (angle toe to 1 o'clock)
- 11 Step right foot forward and across left foot (angle toe to 11 o'clock)
- 12 Hold
- 13 Step left foot forward and across right foot (angle toe to 1 o'clock)
- 14 Step right foot forward and across left foot (angle toe to 11 o'clock)
- 15 Step left foot forward and across right foot (angle toe to 1 o'clock)
- 16 Hold

SYNCOPATED VINES RIGHT

- 17 Step to the right on right foot
- 18 Cross left foot behind right and step
- & Step to the right on right foot
- 19 Cross left foot over right and step
- 20 Step to the right on right foot
- 21 Cross left foot behind right and step
- & Step to the right on right foot
- 22 Cross left foot over right and step
- 23 Step to the right on right foot
- 24 Step left foot next to right

WALK BACKWARD, HITCH & KNEE SLAP, MILITARY PIVOTS RIGHT

- 25 Walk backward on right foot
- 26 Walk backward on left foot
- 27 Walk backward on right foot
- 28 Hitch left knee and slap knee with left hand
- 29 Step forward on left foot
- 30 Pivot ½ turn to the right on ball of left foot and shift weight to right foot
- 31-32 Repeat counts 29-30

VINE LEFT, TOGETHER, SWIVET RIGHT, SWIVET LEFT

- 33 Step to the left on left foot
- 34 Cross right foot behind left and step
- 35 Step to the left on left foot
- 36 Step right foot next to left
- 37 On heel of right foot and ball of left foot, swivel right toes to the right and left heel to the left

- 38 Swivel feet back to center
- 39 On heel of left foot and ball of right foot, swivel left toes to the left and right heel to the right
- 40 Swivel feet back to center

TWISTING HEEL SWIVELS, TRAVELING TURN RIGHT, TOGETHER

- 41 Bend knees and twist downward while swiveling heels to the right
- 42 Bend knees and twist downward while swiveling heels to the left
- 43 Straighten knees and twist upward while swiveling heels to the right
- 44 Straighten knees and twist upward while swiveling heels to the left
- 45 Step to the right on right foot and begin a full turn to the right traveling to the right
- 46 Step on left foot and continue full traveling turn to the right
- 47 Step on right foot and complete full traveling turn to the right
- 48 Step left foot next to right

FORWARD WALK, HITCH & KNEE SLAP, BACKWARD WALK, TURN, HITCH AND KNEE SLAP

- 49 Walk forward on right foot
- 50 Walk forward on left foot
- 51 Walk forward on right foot
- 52 Hitch left knee and slap left knee with left hand
- 53 Walk backward on left foot
- 54 Walk backward on right foot
- 55 Walk backward on left foot and make a $\frac{1}{4}$ turn to the left with the step
- 56 Hitch right knee and slap right knee with right hand

HIP BUMPS, HIP GRINDS

- 57-58 Step diagonally to the right on right foot and bump hips to the right twice
- 59-60 Bump hips to the left twice
- 61 Grind hips to the right and forward
- 62 Grind hips to the right and backward
- 63-64 Repeat counts 61-62

CHA-CHA FORWARD, ROCK STEPS, CHA-CHA BACK, ROCK STEPS

- 65&66 Cha-cha forward (right-left-right)
- 67 Step slightly forward on left foot
- 68 Rock back onto right foot in place
- 69&70 Cha-cha forward (left-right-left)
- 71 Step slightly back on right foot
- 72 Rock forward onto left foot in place

CHA-CHA FORWARD, MILITARY PIVOT RIGHT, TURNING CHA-CHA, ROCK STEPS

- 73&74 Cha-cha forward (right-left-right)
- 75 Step forward on left foot
- 76 Pivot $\frac{1}{2}$ turn to the right on ball of left foot and shift weight to right foot
- 77&78 Cha-cha in place (left-right-left) making a $\frac{1}{2}$ turn to the right with these steps
- 79 Step back on right foot
- 80 Rock forward onto left foot in place

CHA-CHA FORWARD, SIDE STEP, SHIMMIES, CLAP

- 81&82 Cha-cha forward (right-left-right)
- 83 Step forward on left foot
- 84 Step to the right on right foot
- 85-87 Shimmy body while dragging left foot over next to right
- 88 Touch left foot next to right and clap hands

TRAVELING TURN LEFT, SIDE STEP, SHIMMIES, TOGETHER

- 89 Step to the left on left foot and begin a full turn to the left traveling to the left
- 90 Step on right foot and continue full traveling turn to the left
- 91 Step on left foot and complete full traveling turn to the left
- 92 Step to the right on right foot
- 93-95 Shimmy body while dragging left foot over next to right
- 96 Step left foot next to right

RIGHT KICK-BALL CHANGES, DIAGONAL STEP-TOUCHES

- 97 Kick right foot forward
- & Step on ball of right foot next to left
- 98 Step left foot next to right
- 99&100 Repeat counts 97&98
- 101 Step forward and diagonally right on right foot
- 102 Touch left toe next to right foot
- 103 Step back and diagonally left on left foot
- 104 Touch right toe next to left foot

DIAGONAL STEP-TOUCH & CLAPS, HEEL GRINDS

- 105 Step back and diagonally right on right foot
- 106 Touch left toe next to right foot
- 107 Step forward and diagonally left on left foot
- 108 Touch right toe next to left foot
- 109 Step forward on right heel with toe pointing to the left
- 110 Grind heel from left to right
- & Rock back on left foot in place
- 111 Step forward on right heel with toe pointing to the left
- 112 Grind heel from left to right

TRAVELING TURNS RIGHT AND LEFT

- 113 Step to the right on right foot and begin a full turn to the right traveling to the right
- 114 Step on left foot and continue full traveling turn to the right
- 115 Step on right foot and complete full traveling turn to the right
- 116 Touch left foot next to right
- 117 Step to the left on left foot and begin a full turn to the left traveling to the left
- 118 Step on right foot and continue full traveling turn to the left
- 119 Step on left foot and complete full traveling turn to the left
- 120 Touch right foot next to left

OUT-OUT, IN-IN, MONTEREY TURN, MODIFIED MONTEREY TURN, OUT-OUT, CROSS

- & Step to the right on right foot
- 121 Step left foot about shoulder width apart from right foot
- & Step right foot to home
- 122 Step left foot next to right
- 123 Touch right toe to the right
- 124 Pivot ½ turn to the right and step right foot next to left (shift weight to right foot)
- 125 Touch left toe to the left
- 126 Slide left foot over next to right while making a ½ turn to the right and step left foot next to right
- & Step to the right on right foot
- 127 Step left foot about shoulder width apart from right foot
- & Step right foot to home
- 128 Cross left foot over right and touch left toe in front of right foot

STEP, SLIDE, STEP, BRUSH, JAZZ SQUARE

- 129 Step forward on left foot
- 130 Slide right foot up to and behind left heel
- 131 Step forward on left foot
- 132 Brush right foot forward
- 133 Cross right foot over left and step
- 134 Step back on left foot
- 135 Step right foot slightly to the side
- 136 Step left foot next to right

SIDEWAYS SHUFFLES

- 137&138 Turn torso diagonally to the right and shuffle to the right (right-left-right)
- & Pivot ½ turn to the left on ball of right foot
- 139&140 Shuffle sideways to the left (left-right-left)
- & Pivot ½ turn to the right on ball of left foot
- 141&142 Shuffle sideways to the right (right-left-right)
- & Pivot ½ turn to the left on ball of right foot
- 143&144 Shuffle sideways to the left (left-right-left)

REPEAT

Upon completion of the third repetition through the dance and with body turned diagonally to the left, end with the following rocking chair.

- 1 Step forward and rock onto right foot
- 2 Rock back onto left foot in place
- 3 Step back and rock onto right foot
- 4 Rock forward onto left foot in place

Swing right arm overhead as if swinging a lariat, continuing until music ends.
