

# 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 ¼ 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 ½ 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 ½ 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.**

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