Bling Bling Cowboy



拍數: 32 牆數: 4 級數:

編舞者: Joyce Warren (USA)

音樂: Save a Horse (Ride a Cowboy) - Big & Rich



RIGHT ELECTRIC STOMP - LEFT SIDE SHUFFLE, ROCK, STEP

1&	Step forward on right foot, step in place on left foot
2&	Step back on right foot, step in place on left foot

Step forward on right foot, step in place on left foot, stomp right foot next to left foot (Side shuffle) step left on left foot, step right foot next to left foot, step left on left foot

7-8 Rock behind left foot on right foot, step in place on left foot

RIGHT SIDE SHUFFLE, ROCK, STEP - LEFT ELECTRIC STOMP

9&10	(Side shuffle) step right on right foot, step left foot next to right foot, step right on right foot
11-12	Rock behind right foot on left foot, step in place on right foot
13&	Step forward on left foot, step in place on right foot
14&	Step back on left foot, step in place on right foot
15&16	Step forward on left foot, step in place on right foot, stomp left foot next to right foot

2 SHUFFLES FORWARD - RIGHT, LEFT BEHIND, RIGHT ROCK OUT THEN OVER LEFT		
17&18	(Forward shuffle) step forward on right foot, step left foot next to right foot, step right foot forward	
19&20	(Forward shuffle) step forward on left foot, step right foot next to left foot, step left foot forward	
21-22	Step right on right foot, step left foot behind right foot	
23&24	Step weight right on the ball of the right foot, rock weight back in on left foot, step over left	

LEFT VINE WITH 1/4 LEFT SHUFFLE - SIDE STEP WITH HIP THRUSTS (OR HIP CIRCLE TO THE LEFT)

25-26	Step left on left foot, step right foot behind left foot
27&28	Step ¼ left on left foot, step right foot next to left foot, step left foot forward
29-30	Long step right foot to right side, stomp left foot next to right foot
&31	(Hip thrusts) reach forward with both arms, push both hips straight forward as you pull in with both arms
&32	Push both hips back as you reach forward with both arms, push both hips straight forward as you pull in with both arms
O = 1' =	

Option

31-32 Circle hips to the left 2 times

foot on right foot

REPEAT