

M.C.D. (Mad Cowboy Disease)

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Easy Intermediate (112bpm)
編舞者: Jan Wyllie (AUS) - April 2008
音樂: Mad Cowboy Disease - John Michael Montgomery



(32 count intro)

Three Camel Steps Towards Left Corner, Step Fwd Touch

1,2 Step L towards left corner, Slide R to L (rolling shoulders down and up - camel step)
3,4 Step L towards left corner, Slide R to L (rolling shoulders down and up - camel step)
5,6 Step L towards left corner, Slide R to L (rolling shoulders down and up - camel step)
7,8 Step L towards left corner, Touch R beside L

Four Walk Backs Still On Diagonal, Coaster Cross, Step Left Touch

9,10,11,12 Walk back R,L,R,L still facing the front left corner
13&14 Step back on R, Step L beside R, Step R across left and straighten up to the front wall
15,16 Step L to left. Touch R beside L

Side Together Side Behind, Side Shuffle, Rock Return

17,18,19,20 Step R to right, Step L beside R, Step R to right, Step L behind R
21&22 Side/Shuffle to the right stepping R,L,R
23,24 Rock/step L behind R, Rock/return wt fwd onto R

Side Toe Strut, & 1/4 Left Hold, Step Pivot 1/4, Stamp R L

25,26 Touch L toe to left, Drop L heel to ground (side toe strut)
& Step R beside L
27,28 Making 1/4 left step fwd on L toe, Drop L toe to ground (toe strut)
29,30 Step fwd on R, Pivot 1/4 left transferring wt to L
31,32 Stamp R, Stamp L * restart here on wall 3, keep wt on R

THIS IS THE MAD COWBOY PART OF THE DANCE SO WHEN HE SINGS ABOUT THE MAD COWBOY, USE LOTS OF ATTITUDE HERE!

Touch Across Unwind 1/2, Rock LR, Touch Across Unwind 1/2, Rock R,L

33,34 Step R across L, Unwind 1/2 left taking wt on R
35,36 Bump hips/Rock L R
37,38 Step L across R, Unwind 1/2 right taking wt on L
39,40 Bump hips/Rock R L

Rock/Return, Heel & Across, Heel & Across, Step Bump Bump Bump

41,42 Rock/step R behind L, Rock/Return wt fwd onto L
43&44 Touch R heel to right diagonal, Step R behind L, Step L over R
45&46 Touch R heel to right diagonal, Step R behind L, Step L over R
47&48 Step R to right bumping hips right left right