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| M.C.D. (Mad Cowboy Disease) |  |

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| **Count:** | 48 | **Wall:** | 2 | **Level:** | Easy Intermediate (112bpm) | . |
| **Choreographer:** | Jan Wyllie (AUS) - April 2008 | | | | |
| **Music:** | Mad Cowboy Disease - John Michael Montgomery | | | | |
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**(32 count intro)**

**Three Camel Steps Towards Left Corner, Step Fwd Touch**

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| 1,2 | Step L towards left corner, Slide R to L (rolling shoulders down and up - camel step) |

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| 3,4 | Step L towards left corner, Slide R to L (rolling shoulders down and up - camel step) |

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| 5,6 | Step L towards left corner, Slide R to L (rolling shoulders down and up - camel step) |

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| 7,8 | Step L towards left corner, Touch R beside L |

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

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| 9,10,11,12 | Walk back R,L,R,L still facing the front left corner |

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| 13&14 | Step back on R, Step L beside R, Step R across left and straighten up to the front wall |

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| 15,16 | Step L to left. Touch R beside L |

**Side Together Side Behind, Side Shuffle, Rock Return**

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| 17,18,19,20 | Step R to right, Step L beside R, Step R to right, Step L behind R |

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| 21&22 | Side/Shuffle to the right stepping R,L,R |

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| 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**

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| 25,26 | Touch L toe to left, Drop L heel to ground (side toe strut) |

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| & | Step R beside L |

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| 27,28 | Making 1/4 left step fwd on L toe, Drop L toe to ground (toe strut) |

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| 29,30 | Step fwd on R, Pivot 1/4 left transferring wt to L |

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| 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**

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| 33,34 | Step R across L, Unwind 1/2 left taking wt on R |

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| 35,36 | Bump hips/Rock L R |

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| 37,38 | Step L across R, Unwind 1/2 right taking wt on L |

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| 39,40 | Bump hips/Rock R L |

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

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| 41,42 | Rock/step R behind L, Rock/Return wt fwd onto L |

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| 43&44 | Touch R heel to right diagonal, Step R behind L, Step L over R |

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| --- | --- |
| 45&46 | Touch R heel to right diagonal, Step R behind L, Step L over R |

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| 47&48 | Step R to right bumping hips right left right |