

# Ride A Cowboy

**Count:** 36

**Wall:** 2

**Level:** Improver

**Choreographer:** Frank Light (USA) & Daun Gross-Light (USA)

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



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|------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1-2  | Step forward to the left with the left foot, step to the right with the right foot (legs spread shoulder width, weight evenly distributed, knees bent slightly (position of a cowboy in the saddle)) |
| 3-4  | Hip shake to the left, hip shake to the right                                                                                                                                                        |
| 5-6  | Hop forward with legs spread, hop forward with legs spread                                                                                                                                           |
| 7-8  | Hip shake to right, hip shake to left                                                                                                                                                                |
| <br> |                                                                                                                                                                                                      |
| 1-2  | (Shift weight to the left foot) touch turn to the left (touch right toe to right side, step right next to left as you turn ½ turn to the left (to 6:00), shift weight to the right foot)             |
| 3-4  | Left kick-ball-change (weight to right foot)                                                                                                                                                         |
| 5-6  | Cross left foot over right foot and touch turn ½ turn to the right (to 12:00, weight on right foot)                                                                                                  |
| 7-8  | Touch left foot to front, touch left foot to rear                                                                                                                                                    |
| <br> |                                                                                                                                                                                                      |
| 1-2  | Shuffle forward left-right-left (weight on left foot)                                                                                                                                                |
| 3-4  | Touch right foot to front, touch turn to the left ¼ turn (9:00, weight on left foot)                                                                                                                 |
| 5-6  | Cross right foot over left, turn ½ turn to the left (to 3:00, shift weight to right foot)                                                                                                            |
| 7-8  | Left kick-ball-change (weight on right foot)                                                                                                                                                         |
| <br> |                                                                                                                                                                                                      |
| 1-2  | Left sailor shuffle (weight on left foot)                                                                                                                                                            |
| 3-4  | Right sailor shuffle turning ¼ turn to the right (6:00, weight on right foot)                                                                                                                        |
| 5-8  | Starting with left foot, walk forward 4 steps while turning full turn (walking turn, weight ends up on right foot)                                                                                   |
| <br> |                                                                                                                                                                                                      |
| 1-2  | Step forward on left foot, lock right foot behind left heel (weight on right foot)                                                                                                                   |
| 3-4  | Step forward on left foot, lock right foot behind left heel (weight on right foot)                                                                                                                   |

**REPEAT**

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