American Cowboy (美國牛仔) (zh)

Count: 64 **Wall:** 2 **Level:** Intermediate
Choreographer: Peter Metelnick (UK) & Alison Metelnick (UK) - 2010年01月
Music: American Cowboy - Jada

前奏： Start after 24 count intro 24拍後起跳

第一段 **R Side Shuffle, L Back Rock & Recover On Diagonal, L Diagonal Fwd Shuffle, R Fwd, ½ L Pivot To Back Diagonal**
右追步, 斜角後下沉 回復, 斜角前交換, 斜角踏轉

1&2 Step R side, step L together, step R side
右足右踏, 左足併踏, 右足右踏

3-4 Turning towards left diagonal rock L back, recover weight on R (11 o'clock) 轉向左斜角左足後下沉, 右足回復(面向11點鐘)

5&6 Facing left diagonal step L forward, step R together, step L forward
面向左斜角左足前踏, 右足併踏, 左足前踏

7-8 Facing left diagonal step R forward, pivot ½ left to face back diagonal (5 o'clock) 面向左斜角右足前踏, 左軸轉180度面向後斜角

第二段 **On Diagonal: Step R Fwd, L Side Point, L Fwd, R Side Point, R Jazz Box Ball Cross Turning 1/8 R To Square To Wall**
面向斜角:踏 點 踏 點, 爵士方塊轉正

1-4 Still facing diagonal step R forward, point L side, step L forward, point R side 面向斜角右足前踏, 左足左點, 左足前踏, 右足右點

5-6 Cross R over L, step L back 右足於左足前交叉踏, 左足後踏

&7 Turning 1/8 right to square off to back wall step R back, step L forward 右轉45度轉正右足後踏, 左足前踏

8 Step R forward (6 o'clock) 右足前踏(面向6點鐘)

第三段 **L Fwd Rock & Recover, ½ L Shuffle, ½ L Shuffle, L Back Rock & Recover**
下沉 回復, 轉交換, 轉交換, 後下沉 回復

1-2 Rock L forward, recover weight on R
左足前下沉, 右足回復

3&4 Turning ½ left step L forward, step R together, step L forward
左轉180度左足前踏, 右足併踏, 左足前踏

5&6 Turning ½ left step R back, step L together, step R back
左轉180度右足後踏, 左足併踏, 右足後踏

7-8 Rock L back, recover weight on R 左足後下沉, 右足回復

第四段 **L Kick Ball Step Fwd X2, L Fwd Rock & Recover, Turning ¼ L Chasse L**
踢併踏二次, 下沉 回復, 追步轉

1&2 Kick L forward, step L together, step R forward
左足前踢, 左足併踏, 右足前踏

3&4 Kick L forward, step L together, step R forward
左足前踢, 左足併踏, 右足前踏

5-6 Rock L forward, recover weight on R
左足前下沉, 右足回復

7&8 Turn ¼ L, step L to L side, step R beside L, step L to L side (3 o'clock) 左轉90度左足左踏, 右足併踏, 左足左踏(面向3點鐘)

BIG ENDING: Final wall dance counts 1- 32 turn a ¼ left step R back, turn another ½ left step L forward, step R forward & hold (Da-Ra!)
結束：最後會跳至此, 左轉90度右足後踏, 左轉180度左足前踏, 右足前踏, 候

第五段 **L Full Turn, R Cross Rock & Recover, Chasse R, L Cross Rock & Recover**
左轉圈, 交叉下沉 回復, 右追步, 交叉下沉 回復

1-2 Turning ½ left step R back, turning ½ left step L to L side
左轉180度右足後踏, 左轉180度左足左踏
Non-turning option for 1-2: Cross step R over L, step L to L side
簡易版：右足於左足前交叉踏, 左足左踏

3-4 Cross rock R over L, recover on L
右足於左足前交叉踏, 左足回復

5&6 Step R to R side, step L next to R, step R to R side
右足右踏, 左足併踏, 右足右踏

7-8 Cross rock L over R, recover weight on R
左足於右足前交叉踏, 右足回復

第六段 **¼ L Shuffle, ½ L & Walk Back 2, R Coaster Step, L Triple**
追步轉1/4, 1/2後 後, 海岸步, 小三步

1&2 Step L to L side, step R together, turning ¼ L step L forward (12 o'clock) 左足左踏, 右足併踏, 左轉90度左足前踏(面向12點鐘)

3-4 Turning ½ left step R back, step L back (6 o'clock)
左轉180度右足後踏, 左足後踏(面向6點鐘)

5&6 Step R back, step L together, step R forward
右足後踏, 左足併踏, 右足前踏

7&8 Step L forward, step R together, step L together
左足前踏, 右足併踏, 左足併踏

RESTART: DURING 2nd wall you will finish the first 48 counts of the dance and restart again facing the front wall 第二面牆跳至此, 面向前面牆從頭起跳

第七段 **R Kick Ball Cross, ¼ L Hinge Turn, R & L Syncopated Cross Rocks & Recover**
踢併交叉, 1/4, 變奏交叉曼波

1&2 Kick R forward, step R back, cross step L over R
右足前踢, 右足後踏, 左足於右足前交叉踏

3-4 Step R side, turning ¼ left step L side (3 o'clock)
右足右踏, 左轉90度左足左踏(面向3點鐘)

5-6& Cross rock R over L, recover weight on L, step R side
右足於左足前交叉下沉, 左足回復, 右足右踏

7-8& Cross rock L over R, recover weight on R, step L together
左足於右足前交叉下沉, 右足回復, 左足併踏

第八段 **R Fwd, ½ L Pivot Turn, R Fwd, ¼ L Pivot Turn, R Jazz Box Cross**
踏 轉, 踏 1/4, 爵士方塊交叉

1-4 Step R forward, pivot ½ left, step R forward, pivot ¼ left (6 o'clock)
右足前踏, 左軸轉180度, 右足前踏, 左軸轉90度(面向6點鐘)

5-8 Cross R over L, step L back, step R side, cross L over R
右足於左足前交叉踏, 左足後踏, 右足右踏, 左足於右足前交叉踏