Cowboy On The Run



Count: 64 Wall: 4 Level: Improver

Choreographer: Unknown - June 2013

Music: Cowboy On The Run (牛仔很忙) - Jay Chou (周杰倫)



(Alteration music) Cowboy by Jay

#1. Walk Fwd, Point, Walk Backward, Touch

1-4 Walk fwd on RLR, point L to left side

5-8 Walk back on LRL, touch R beside L and clap

#11. Bump R & Bump L, R Rolling Vine, Touch & Clap

1&2 Bum to R 3&4 Bum to L

5-8 Rolling vine to R on RLR, touch L beside R and clap

#111 & 1V: Mirror steps of Section 1 & Section 11

#V. Jazz box, Cowboy Hand swings & Hip Bums

1-4 Step R fwd, cross L over R, step R back, step L to L side 5&6&78 With weight on the R, do cowboy hand swings & hip bums

#V1. Jazz box, Side Together, Side Together

1-4 Step L fwd , cross R over L, step L back, step R beside L

5-8 Step L to L side, step R together, Step L to L side, step R together

#V11. Walk Diagonal Fwd, Kick Ball Change

1-2 Walk R diagonal fwd on RL

3&4 Kick ball change5&6 Kick ball change&78 kick ball change

#V111. Walk Back, Side Touch, 1/4 Turn R Side Touch

1-2 Walk back on LR

3-4 Step L to L side, touch R beside L

7-8 Step L to L side, touch beside L

Start again - No tag, No restart.

Happy Dancing

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