## Ride a Cowboy

Compte: 64
Mur: 1
Niveau: Intermediate
Chorégraphe: Arne Stakkestad (BEL) - August 2008
Musique: Save a Horse (Ride a Cowboy) - Big \& Rich


Intro: 32 counts
S1: Walk in a full circle to the left

| $1-2$ | Step Right forward (start circle left)), step Left forward |
| :--- | :--- |
| $3-4$ | Step Right forward, step Left forward |
| $5-6$ | Step Right forward, step Left forward |
| $7-8$ | Step Right forward, step Left forward (end circle left) |

Use this steps to return to startposition
S2: Cross, hold, sidestep, hold, cross, hold, sidestep, hold
1-2 Cross Right over Left, hold (shimmy shoulders)
Bend forward
3-4 Step Left to left side, hold(shimmy shoulders)
Bend backwards
5-6 Cross Right over Left, hold (shimmy shoulders)
Bend forward
7-8 Step Left to left side, hold(shimmy shoulders)
Bend backwards
S3: $1 / 8$ pivots left with hip roll

| $1-2$ | Step Right forward, $1 / 8$ left with hip roll |
| :--- | :--- |
| $3-4$ | Step Right forward, $1 / 8$ left with hip roll (9h) |
| $5-6$ | Step Right forward, $1 / 8$ left with hip roll |
| $7-8$ | Step Right forward, $1 / 8$ left with hip roll (6h) |

Turn forefinger above head
S4: Steps diagonally forward and back, Side step and hips
1-2 Step Right diagonally forward, step Left diagonally forward
3-4 Step Right back, step Left beside Right
Hips to right, left, right, left
5-6 Step Right to side and hips right, left
7-8 Hips right, left, right
Wave hands to right, left, right, left, right
S5: Side, together, $1 / 4$ left and side, together, Jumps forward
1-2 Step Left to side (push hands forward), step Right beside Left (return hands)
3-4 $\quad 1 / 4$ left and step Left to side (push hands forward), step Right beside Left (return hands) (3h)
5-6 Jump forward legs apart, jump forward
7-8 Jump forward, jump forward (weight on Left)
While jumping, Right hand on shoulder of dancer in front of you, Left hand, slap hips
S6: $1 / 4$ left, side step and hip bumps
1-2 $\quad 1 / 4$ left, step Right to side and bump hips right, left, right
Turn Right fist at head height (12h)
3-4 bump hips left, right, left
Turn Left fist at head height
5-6 bump hips right, left, right
Turn Right fist at head height (12h)

7-8 bump hips left, right, left
Turn Left fist at head height
S7: Shimmy shoulders right and left forward
1-2 Step Right diagonally forward and shimmy shoulders
3-4 shimmy shoulders diagonally right forward
5-6 Step Left diagonally forward and shimmy shoulders
7-8 shimmy shoulders diagonally left forward

S8: Jumps forward, paddle full turn
1-2 Jump forward Right, Left, Jump forward Right, Left
3-4 Jump forward Right, Left, Jump forward Right, Left
Stretch Left hand forward (rein)and slap Right hand(whip)
5-6 $\quad 1 / 4$ left and touch Right to side, $1 / 4$ left and touch Right to side
7-8 $\quad 1 / 4$ left and touch Right to side, $1 / 4$ left and touch Right to side ( 12 h )
Swing Right hand lasso above head
Bridge: add following 8 counts, after 1e, $2 e$ en $4 e$ wall
Jumps backwards, paddle full turn
1-2 Jump backwards Right, Left, Jump backwards Right, Left
3-4 Jump backwards Right, Left, Jump backwards Right, Left
Stretch Left hand forward (rein)and slap Right hand(whip)
5-6 $\quad 1 / 4$ left and touch Right to side, $1 / 4$ left and touch Right to side
7-8 $\quad 1 / 4$ left and touch Right to side, $1 / 4$ left and touch Right to side
Swing Right hand lasso above head
Ending: after the bridge after 4th wall, there are 16 counts left Repeat the bridge $2 x$
Or as in the video: Menn step in left circle , behind Lady for 8 counts, and then dive under Lady's legs

