

Save A Horse, Again

拍数: 32 墙数: 4 级数: Improver
编舞者: Karianne Heimvik (NOR) - October 2018
音乐: Save a Horse (Ride a Cowboy) - Big & Rich



This dance was made on request for an event in my hometown Bergen in Norway!

There is a Tag on the last 8 counts of the chorus.

(1-8) R heel hook x2, fwd shuffle, L heel hook x2, fwd shuffle

- 1&2& R heel fwd on right diagonal, bring R over left leg (hook), R heel fwd on right diagonal, bring R over left leg (hook)
3&4 Step fwd on R , step L next to R, step fwd on R
5&6& L heel fwd on left diagonal, bring L over right leg (hook), L heel fwd on left diagonal, bring L over right leg (hook)
7&8 Step fwd on L , step R next to L, step fwd on L

(9-16) R Heel ¼ turn, shuffle ¼ turn, ½ turn, ½ turn, fwd mambo (with hip bump)

- 1,2 step fwd on R heel and turn ¼ to right on the heel, step L back
3&4 step fwd on R with ¼ turn to right, step L next to R, step fwd on R
5,6 make ½ turn to right stepping back on L, continue with ½ turn to right stepping fwd on R

(Easier option: walk L, walk R)

- 7&8 rock fwd on L, recover weight to R, step L next to R (as you step L next to R, bump/push your hips back)

(17-24) samba cross x4

- 1&2 rock R to left, step L in place, cross R over L
3&4 rock L to left, step R in place, cross L over R
5&6 rock R to left, step L in place, cross R over L
7&8 rock L to left, step R in place, cross L over R

(25-32) rock fwd, shuffle ½ turn, ½ turn, ¼ turn

- 1,2 rock fwd on R, recover weight on L
3&4 ½ turn to right stepping fwd on R, step L next to R, step fwd on R
5,6 step fwd on L, make ½ turn to right stepping fwd onto R
7,8 make ¼ turn to right stepping L to left, touch R to L

There is the same 8 count Tag on the last 8 counts of the chorus they sing : «everybody..... save a horse, ride a cowboy»

After the last chorus, they play the last 8 counts 3 times, do the tag 3 times too

END OF DANCE!

Tag (8 counts):

- 1&2& point R to right, step R in place, point L to left, step L in place
3&4& point R to right, step R in place, point L to left, step L in place
5&6& R heel fwd, step R in place L heel fwd, step L in place
7,8 sweep R fwd and up in a backward circle motion, stomp R in place

START DANCE AGAIN!

Remember to have fun and SMILE!

Last Update - 23 Mar 2025

