

Ride A Cowboy

拍数: 36 墙数: 2 级数: Improver
编舞者: Frank Light (USA) & Daun Gross-Light (USA)
音乐: Save a Horse (Ride a Cowboy) - Big & Rich



-
- | | |
|-----|--|
| 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 |
| | |
| 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 |
| | |
| 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) |
| | |
| 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) |
| | |
| 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
