Cowboy Ride (P)



编舞者: Garry Saline (USA) 音乐: Cowboy Ride - Jay Teter



MAN

SHUFFLE, TOUCH IN AND OUT

1-4 Right shuffle forward, touch left toe inside and outside

SHUFFLE, TOUCH OUT AND IN

5-8 Left shuffle forward, touch right toe outside and inside

SHUFFLE, STOMP, STOMP

9-12 Right shuffle forward, stomp left, stomp right

HIP BUMPS TOGETHER TWO, APART TWO

13-16 Bump hips together for two, bump hips apart for two

1/4 TURN TOUCH, BACK TOUCH, 1/4 TURN TOUCH

17-22 ½ turn right with right, touch left beside right, step back left, touch right beside left, ¼ turn

right with right, touch left beside right

SHUFFLE, ½ TURN

23-26 Left shuffle forward, step right making ½ turn left

SHUFFLE, STOMP, STOMP

27-30 Right shuffle forward, stomp left, stomp right

HIP BUMPS TOGETHER TWO, APART TWO

31-34 Bump hips together for two, bump hips apart for two

REPEAT

LADY

SHUFFLE, TOUCH IN AND OUT

1-4 Left shuffle forward, touch right toe inside and outside

SHUFFLE, TOUCH OUT AND IN

5-8 Right shuffle forward, touch left toe outside and inside

SHUFFLE, STOMP, STOMP

9-12 Left shuffle forward, stomp right, stomp left

BUMP HIPS TOGETHER TWO, APART TWO

13-16 Bump hips together for two, bump hips apart for two

1/4 TURN TOUCH, BACK TOUCH, 1/4 TURN TOUCH

17-22 ¼ turn left with left, touch right beside left, step back right, touch left beside right, ¼ turn left

with left, touch right beside left

SHUFFLE, ½ TURN

23-26 Right shuffle forward, step left making ½ right turn

SHUFFLE, STOMP, STOMP

27-30 Left forward shuffle, stomp right, stomp left

BUMP HIPS TOGETHER TWO, APART TWO

31-34 Bump hips together for two, bump hips apart for two

REPEAT