

Saddle Up Mad Cowboy

COPPER KNOB
STEPPERS

拍数: 48 墙数: 4 级数: Improver
编舞者: Gail Smith (USA) & Cheryl Hutchinson - July 2008
音乐: Saddle Up - Mikel Knight



Start Immediately after Rooster Crows!

RESTART: Wall 6 - Restart facing 12:00

Or Music: Mad Cowboy Disease - by John Michael Montgomery (Wall 4 - Restart facing 6:00)

Jazz Jump, Knee Rolls, Chasse Left, Rock Step

- & 1 Right step forward, Left step forward with feet apart
- 2 Roll right knee inward and around in a clockwise motion (weight on right)
- 3 - 4 Roll left knee inward and around in a counter-clockwise motion (weight on left), REPEAT right knee roll
- 5 & 6 Left step to side, Right step together, Left step to side
- 7 - 8 Right step back - angle body slightly to right, Left step in place (recover)

Wiggle Walks, Kick-Turn-Kick, Shuffle

- 9 & 10 Right toe step forward as you bump your hips two times and step heel down
- 11 & 12 Left toe step forward as you bump your hips two times and step heel down
- 13 & 14 Right kick forward, quick pivot 1 / 2 turn right on ball of Left foot while hitching the Right knee, Right kick forward
- 15 & 16 Right step forward, Left step together, Right step forward

Heel Switches, Body Roll, Coaster, Rock To 1 / 4 Turn (Right)

- 17 & 18 Left heel touch forward, AND left step next to right foot, Right heel touch forward
- & 19 - 20 Right step next to left foot, Left toe touch forward while Rolling your body down - up (weight on right foot)
- 21 & 22 Left step back, Right step next to left foot, Left step forward
- 23 & 24 Right step forward, Left step in place (recover), turn 1 / 4 right and Right foot step to side

Cross, Side, Rock N Step, Cross, Side, Rock N Step

- 25 - 26 Left step crossed over right foot, Right step to side
- 27 & 28 Left step behind right foot (body angled right), Right step in place (recover), Left step to side
- 29 - 30 Right step crossed over left foot, Left step to side
- 31 & 32 Right step behind left foot (body angled left), Left step in place (recover), ***** Right step to side

******* Saddle Up Shorty - ON WALL 6 - Replace count 32 with Right SCUFF - RESTART (facing 12:00 wall)**

******* Mad Cowboy Disease - ON WALL 4 - Replace count 32 with Right SCUFF - RESTART (facing 6:00 wall)**

Coaster 1 / 4 Turn (Left), Hip Rolls, Coaster

- 33 - 34 Turn 1 / 4 turn left stepping back onto Left foot, Right step together, Left step forward
- 35 - 36 Right step forward and roll hips in a counter-clockwise motion making 1 / 8 turn left (weight on left)
- 37 - 38 REPEAT steps 33 - 34 completing 1 / 4 turn
- 39 - 40 Right step back, Left step next to right foot, Right step forward

Shuffle, Stomps, Kick, Swivel Walk (Traveling Right), Hold, Claps

- 41 & 42 Left step forward, Right step together, Left step forward

43 & 44 Right foot stomp two times, Right kick forward
45 Swivel Left heel to the right as you touch your Right toe slightly to side (knee in and bent)
& Swivel Left toe to the right as you touch your Right heel slightly to side (leg straight, toe up)
46 & REPEAT steps 45 & (Right toe, heel)
47 & 48 REPEAT step 45 (Right toe -Total of 3 toe touches), AND Hold, Clap, Clap

Start Over

Ending - Saddle Up - & 19 - 20 - Body Roll - when you straighten up, Hands In The Air

Ending - Mad Cowboy Disease - Steps & 1 - Jazz Jump, then Right step forward, Turn 1 / 4 (left) to face front, Hands In The Air

VARIATIONS - Low Impact

2 - 4 Knee pops instead of rolls. (Raise right heel, step down. Raise left heel, step down, Raise right heel, step down)
13 & 14 Touch right toe behind left foot, unwind 1 / 2 keeping weight on the left foot.
45 -48 Toe, Heel, Toe, H eel, Toe Left stand in place. Right foot - Toe touches next to left foot (knee in), Heel touches next to left foot (leg straight), Hold on third toe touch and CLAP, CLAP
