

Save A Horse (Ride A Cowboy)

COPPER KNOB
STEPPERS

拍數: 0 牆數: 4 級數: Improver
編舞者: Guy Dubé (CAN) & Edith Bourgault (CAN)
音樂: Save a Horse (Ride a Cowboy) - Big & Rich



Sequence: AB AB AA AB, FINAL

PART A

3X KICK BALL TOUCH, TOUCH FORWARD, CROSS-TOUCH, PRESS

- 1&2 Kick right forward, step on ball of right beside left, touch left toe to left side
- 3&4 Kick left forward, step on ball left beside right, touch right toe to right side
- 5&6 Kick right forward, step on ball right beside left, touch left toe to left side
- 7-8 Cross touch left over right, press ball left by bending knees on place

You need to travel forward on counts 1-6

RONDE DE JAMBE WITH ¼ TURN LEFT, KNEE POP, SHUFFLE RIGHT, FULL TURN RIGHT, SHUFFLE RIGHT

- 1 Slide point left in half circle towards back into ¼ turn left by ending foot left beside right
- 2 Switch weight on left foot by pushing right knee forward
- 3&4 Shuffle forward right, left, right
- 5-6 Step left forward, full turn to right by hooking foot right over the left knee
- 7&8 Finish the full turn right with shuffle forward right, left, right

ROCK STEP, SCOOT RIGHT, BACK, SCOOT LEFT, BACK, ROCK BACK LEFT, SHUFFLE LEFT

- 1-2 Rock forward on left, recover on right
- &3 Scoot on right foot back, step on left foot back diagonally to left
- &4 Scoot on left foot back, step on right foot back diagonally to right
- 5-6 Rock back on left, recover on right
- 7&8 Shuffle forward left, right, left

STEP, PIVOT ¼ TURN LEFT, CROSS ROCK STEP, CROSS ROCK STEP, ¼ TURN LEFT WITH MILITARY WALKS

- 1-2 Step right forward, pivot ¼ turn left
- 3&4 Cross rock left over right, recover on left, step right beside left
- 5&6 Cross rock right over left, recover on right, step left beside right
- 7-8 ¼ turn left by walking right, left (military walk by lifting your knees)

PART B

TOUCH, TOGETHER, TOUCH, ½ TURN LEFT, TOUCH, TOGETHER, STEP, TOUCH, BACK, COASTER STEP

- 1&2 Touch right toe to right, step right beside left, touch left toe to left side
- &3 ½ turn left by bringing back left foot beside right, touch right toe to right side
- &4 Step right beside left, step left forward
- 5-6 Touch right toe behind left heel, step right back
- 7&8 Step left back, step right beside left, step left forward

BOOGIE WALKS, SHUFFLE SIDE, CROSS, ¾ TURN LEFT, ROCK STEP, TOUCH

- 1-2 Walk right, left forward by pushing knees to outside
- 3&4 Shuffle side right, left, right to right side
- 5-6 Cross left foot behind heel right, unwind ¾ turn left
- 7&8 Rock right forward, recover on left, touch toe right beside left

TOUCH, TOGETHER, TOUCH, ½ TURN LEFT, TOUCH, TOGETHER, STEP TOUCH, BACK, COASTER STEP

- 1&2 Touch toe right to right side, step right beside left, touch toe left to left side
- &3 ½ turn left by bringing back left foot beside right, touch toe right to right side
- &4 Step right beside left, step left forward
- 5-6 Touch toe right behind heel left, step right back
- 7&8 Step left back, step right beside left, step left forward

OUT, OUT, BUMP, HOLD, BUMP, HIP ROLL, ¼ TURN LEFT WITH MILITARY WALKS

- &1 Step right forward to outside right, step left forward to outside left
- 2-3-4 Bump hip left to left, hold, bump hip right to right
- 5-6 Roll hip right forward to the left side (ending weight on left foot) (roll to the left)
- 7-8 ¼ turn left by walking right, left (military walk by lifting your knees)

- 33-40 Repeat counts 25-32

REPEAT

FINAL

The last time that you do the part b at the end of the dance you repeat 3 more times the counts 25-32 for a total of 4
