

Cowboy Way

拍數: 32 牆數: 2 級數: Improver
編舞者: Melanie Cheever (USA)
音樂: The Cowboy Way - Travis Tritt



FOOT UP, STOMP, FOOT UP, STOMPX2, HOP, REPEAT

- 1& Lift right foot (toe pointing down) and cross in front of left knee (figure 4), stomp right foot beside left (no weight change)
- 2&3 Lift right foot straight to back, stomp right foot beside left twice (weight even)
- 4 Little hop forward on both feet (shift weight to left)
- 5-8 Repeat steps for 1-4

HEEL, HEEL, BIG STEP, ¼ TURN WITH STOMP, 2 SAILOR SHUFFLES

- 1&2& Touch right heel forward, step right beside left, touch left heel forward, step left beside right
- 3&4 Big step forward on right, ¼ turn left and stomp left beside right (turn and stomp in one beat)
- 5&6 Cross right behind left, step left to left, step right slightly forward
- 7&8 Cross left behind right, step right to right, step left slightly forward

HEEL, HEEL, BIG STEP, ¼ TURN WITH STOMP, 2 SAILOR SHUFFLES

- 1-8 Repeat steps 9-16

STEP, SCUFF, HITCH, ½ TURN, STEP, SCUFF, HITCH, SHUFFLES TWICE

- 1&2 Step right forward, scuff left forward, hitch left
- 3&4 Turn ½ over left and step forward on left (count 3), scuff right forward, hitch right
- 5&6 Step right forward, step left beside right, step right forward
- 7&8 Step left forward, step right beside left, step left forward

Variation: do locking shuffles in place of regular shuffles

STEP, SCUFF, HITCH, ½ TURN, STEP, SCUFF, HITCH, SHUFFLES TWICE

- 1-8 Repeat steps 25-32

STEP, SIDE STEP, STEP, STEP, HOLD, REPEAT

- 1&2 Step right forward, step left forward and to left side, step right forward,
- 3-4 Step left forward, hold
- 5-8 Repeat steps 1-4 (don't take step 7 too far forward, so that you are ready to begin dance again with lifting right in front of left.)

Styling: go for the "John Wayne look" on the last 8 counts by leaning left shoulder forward and holding arms bent with relaxed hands in front of waist.

REPEAT

TAG

Near the end of "The Cowboy Way" song is a break after step 16. Hold on step 16 for the pause and then continue with step 17 when music starts again.