

# Ride a Cowboy

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**Count:** 64

**Wall:** 1

**Level:** Intermediate

**Choreographer:** Arne Stakkestad

**Music:** Save a horse, ride a cowboy by Big & Rich

## **Intro: 32 counts**

### **S1: Walk in a full circle to the left**

- 1-2 Step Right forward (start circle left), step Left forward
- 3-4 Step Right forward, step Left forward
- 5-6 Step Right forward, step Left forward
- 7-8 Step Right forward, step Left forward (end circle left)

### **Use this steps to return to startposition**

### **S2: Cross, hold, sidestep, hold, cross, hold, sidestep, hold**

- 1-2 Cross Right over Left, hold (shimmy shoulders)

### **Bend forward**

- 3-4 Step Left to left side, hold(shimmy shoulders)

### **Bend backwards**

- 5-6 Cross Right over Left, hold (shimmy shoulders)

### **Bend forward**

- 7-8 Step Left to left side, hold(shimmy shoulders)

### **Bend backwards**

### **S3: 1/8 pivots left with hip roll**

- 1-2 Step Right forward, 1/8 left with hip roll
- 3-4 Step Right forward, 1/8 left with hip roll (9h)
- 5-6 Step Right forward, 1/8 left with hip roll
- 7-8 Step Right forward, 1/8 left with hip roll (6h)

### **Turn forefinger above head**

#### **S4: Steps diagonally forward and back, Side step and hips**

1-2 Step Right diagonally forward, step Left diagonally forward

3-4 Step Right back, step Left beside Right

#### **Hips to right, left, right, left**

5-6 Step Right to side and hips right, left

7-8 Hips right, left, right

#### **Wave hands to right, left, right, left, right**

#### **S5: Side, together, ¼ left and side, together, Jumps forward**

1-2 Step Left to side (push hands forward), step Right beside Left (return hands)

3-4 ¼ left and step Left to side (push hands forward), step Right beside Left (return hands)  
(3h)

5-6 Jump forward legs apart, jump forward

7-8 Jump forward, jump forward (weight on Left)

#### **While jumping, Right hand on shoulder of dancer in front of you, Left hand, slap hips**

#### **S6: ¼ left, side step and hip bumps**

1-2 ¼ left, step Right to side and bump hips right, left, right

#### **Turn Right fist at head height (12h)**

3-4 bump hips left, right, left

#### **Turn Left fist at head height**

5-6 bump hips right, left, right

#### **Turn Right fist at head height (12h)**

7-8 bump hips left, right, left

#### **Turn Left fist at head height**

#### **S7: Shimmy shoulders right and left forward**

1-2 Step Right diagonally forward and shimmy shoulders

### **3-4 shimmy shoulders diagonally right forward**

5-6 Step Left diagonally forward and shimmy shoulders

### **7-8 shimmy shoulders diagonally left forward**

#### **S8: Jumps forward, paddle full turn**

1-2 Jump forward Right, Left, Jump forward Right, Left

3-4 Jump forward Right, Left, Jump forward Right, Left

#### **Stretch Left hand forward (rein)and slap Right hand(whip)**

5-6  $\frac{1}{4}$  left and touch Right to side,  $\frac{1}{4}$  left and touch Right to side

7-8  $\frac{1}{4}$  left and touch Right to side,  $\frac{1}{4}$  left and touch Right to side (12h)

#### **Swing Right hand lasso above head**

**Bridge: add following 8 counts, after 1e, 2e en 4e wall**

#### **Jumps backwards, paddle full turn**

1-2 Jump backwards Right, Left, Jump backwards Right, Left

3-4 Jump backwards Right, Left, Jump backwards Right, Left

#### **Stretch Left hand forward (rein)and slap Right hand(whip)**

5-6  $\frac{1}{4}$  left and touch Right to side,  $\frac{1}{4}$  left and touch Right to side

7-8  $\frac{1}{4}$  left and touch Right to side,  $\frac{1}{4}$  left and touch Right to side

#### **Swing Right hand lasso above head**

**Ending: after the bridge after 4th wall, there are 16 counts left Repeat the bridge 2x**

**Or as in the video: Menn step in left circle , behind Lady for 8 counts, and then dive under Lady's legs**