



# Cowboy On The Run

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**Count:** 32      **Wall:** 4      **Level:** Beginner/Intermediate

**Choreographer:** Rep Ghazali , Scotland (Dec 08)





**Music:**  by  (Jay Chou) (CD: 124bpm)

 **32 count intro start on vocal (17sec)**




**Right Shuffle Fwd, Step- $\frac{1}{2}$  Pivot, Shuffle**

**Fwd,  $\frac{1}{2}$  Turn-Touch**

 ,  **1/2**,  , 




**1&2**

**step forward Right, step Left together, step forward Right**

 ,  , 

**3-4**

**step forward Left,  $\frac{1}{2}$  pivot turn Right (6)**

 ,  **180** ( **6** )

**5&6**

**step forward Left, step Right together, step forward Left**

 ,  , 

**7-8**

**$\frac{1}{2}$  turn Left by stepping back on Right, touch Left together (12)**

 **180** ,  ( **12** )

**(optional hand styling: swing an imaginary lasso above your head**

**(anticlockwise) with your Right hand during count 1&2 and 5&6)**

□□□ 1&2 □ 5&6 □ , □□□□□□ , □□□□□□□□□□

□□□

**Toe & Heel Switches, Step- 1/4**

**Pivot, Cross Shuffle**

□ &□□□ , □□ 1/4, □□□□

**1&2**

**touch Left toe to Left side, step Left together, touch Right toe to**

**Right side** □□□□ , □□□□ , □□□□

**&3&4**

**step Right together, touch Left heel forward, step Left together, touch**

**Right heel forward**

□□□□ , □□□□ , □□□□ , □□□□

**&5-6**

**step Right together, step forward Left, 1/4 pivot turn Right**

□□□□ , □□□□ , □□ 90°

**7&8**

**cross Left over Right, step Right to Right side, cross Left over Right (3)**  
□□□□□□□□ , □□□□ , □□□□□□□□ (□□ 3□□ )

□□□

**Side-Behind, And-Heel-And-Cross,**

**Side-Behind, And-Heel-And-Cross**

□ -□ , &-□ -&-□□ , □ -□ , &-□ -&-□□

**1-2**

**step Right to Right side, cross Left behind Right**

□□□□ , □□□□□□□□

**&3&4**

**step Right to Right side, touch Left heel diagonally forward Left, Step**

**back Left, cross Right over Left step**

□□□□ , □□□□□□□□ , □□□□ , □□□□□□□□

**5-6**

**step Left to Left side, cross Right behind Left**

□□□□ , □□□□□□□□

**&7&8**

**step Left to Left side, touch Right heel diagonally forward Right, step**

**back Right, cross Left over Right step (3)**

□□□□ , □□□□□□□□ , □□□□ , □□□□□□□□ (□□ 3□□ )

□□□

**Shuffle Back, Shuffle 1/2 Turn, Step-1/2**

**Pivot, Jump Out-Out X2**

□□□□ , □ 1/2□□□ , □□ 1/2, □□□□

**1&2**

**step back Right, step Left together, step back Right**

□□□□ , □□□□ , □□□□

**3&4**

**1/2 turn Left step forward Left, step Right together, step forward**

Left 180 , , ( 9 )

5-6

**step forward Right, 1/2 pivot turn Left (3)**

, 180 ( 3 )

&7&8

jump forward out out shoulder apart Right-Left, jump forward out out

**shoulder apart Right-Left (3)**

- , , - , ( 3 )

easier option

(stomp forward Right-Left)

- ,

**TAG: ADD at the END of wall 3 (9 o'clock wall) 9**

mso-font-kerning:0pt">

mso-font-kerning:0pt">Stomp-And-Stomp-And, Coaster Step, Stomp-And-Stomp-And,

Coaster Step -&-

mso-font-kerning:0pt">

mso-font-kerning:0pt">-&, , -&-

mso-font-kerning:0pt">

mso-font-kerning:0pt">-&, ,

1&2&

stomp Right across Left, recover on Left, stomp Right to Right side,

**recover on Left**

□□□□□□□□ , □□□□ , □□□□ , □□□□

**3&4**

**step back Right, step Left together, step forward Right**

□□□□ , □□□□ , □□□□

**5&6&**

**stomp Left across Right, recover on Right, stomp Left to Left side,**

**recover on Right**

□□□□□□□□ , □□□□ , □□□□ , □□□□

**7&8**

**step back Left, step Right together, step forward Left**

□□□□ , □□□□ , □□□□

**mso-font-kerning:0pt">**

**mso-font-kerning:0pt">Gallop Forward, Stomp-Stomp**

**mso-font-kerning:0pt">□□□□□□ , □□ -□□**

**1&2&**

**step forward Right, step Left together, step forward Right, step Left**

**together □□□□ , □□□□ , □□□□ , □□□□**

**3&4**

**step forward Right, step Left together, step forward Right**

□□□□ , □□□□ , □□□□

**(count 1-4: travelling toward Right corner) 1-4□□□□□□**

**5&6**

**step forward Left, step Right together, step forward Left (travelling towards Left corner)**

□□□□ , □□□□ , □□□□ (□□□□ )

**7-8**

**stomp forward Right-Left (shoulder apart) □□ -□ , □ (□□□□ )**

**(optional hand styling: link hand together to make gun shape and point**

**hands out forward to the Right then to the Left as you stomp Right and**

**Left....like shooting guns) □□□□□□□□□□□□□□**