

BULL RIDER

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Count: 64

Wall: 4

Level: intermediate/advanced

Choreographer: Maureen McGuigan

Music: Paint The Town Redneck by John Michael Montgomery

STOMPS & DRAGS (THE ANXIOUS BULL)

- 1-2** Stomp right foot down; drag left foot to right (weight on right)
- 3-4** Stomp left foot down; stomp right foot down
- 5-6** Stomp left foot down; drag right foot to left (weight on left)
- 7-8** Stomp right foot down; stomp left foot down.

RIGHT LUNGE, LEFT LUNGE (BULL BUMPS THE SIDES)

- 9-10** Lunge right foot to right side (angle body to 10:00); step left in place & snap fingers

Styling: Right arm bent at elbow & horizontal/left arm bent at elbow & vertical

- 11-12** Step right foot to center; hold position & clap hands:
- 13-14** Lunge left foot to left side (angle body to 2:00); step right in place & snap fingers

Styling: Left arm bent at elbow & horizontal; right arm bent at elbow & vertical.

- 15-16** Step left foot to center; hold position & clap hands.

RIGHT KICK-BALL-CHANGE, ROCK-STEP, FORWARD SHUFFLES

- 17&18** Kick right forward; step on right foot; step on left foot
- 19-20** Rock-step right foot back; step left foot in place

Styling: Lean back on right rock-step holding hands out like holding reins.

- 21&22** Step right foot forward; step left together; step right foot forward
- 23&24** Step left foot forward; step right together; step left foot forward.

ROCKING CHAIR, CROSS-UNWIND (THE BULL TURNS)

- 25-26** Rock-step right foot forward; step left in place
- 27-28** Rock-step right foot back; step left in place
- 29-30** Tap right heel forward (option: kick right forward); cross-touch right toe over left
- 31-32** Unwind ½ turn left (weight on left); hold position & clap hands.

HIP BUMPS (RIDING THE BULL)

- 33-34** Step right foot forward bumping hips forward twice
- 35-36** Shift weight back to left; bumping hips back twice
- 37** Rising up on balls of feet, roll hips forward (right hand over head like rodeo rider)
- 38** Lowering heels, shift weight back and roll hips back
- 39** Rising up on balls of feet, roll hips forward (right hand over head like rodeo rider)
- 40** Lowering heels, shift weight back and roll hips back.

STEP SLAPS (BULL BUCKING)

- 41-42** Step right foot forward; kick left foot behind right & slap with right hand
- 43-44** Step back on left; raise right knee & slap with left hand
- 45-46** Step back on right; raise left knee & slap with right hand
- 47-48** Touch left toe beside right; raise left knee & slap with right hand.

STEP, DRAG, STOMP, STOMP

- 49-50** Take big step forward on left; drag right to left (weight on left)
- 51-52** Stomp right; stomp left
- 53-56** Cross-touch right toe over left foot; slowly unwind $\frac{3}{4}$ turn left (weight on left)

Option: Drop heels down on each count as you turn.

GRAPEVINE RIGHT (OFF THE BULL)

- 57-58** Step right foot to right side; cross-step left behind right
- 59-60** Step right foot to right side; touch left beside right

STEP, DRAG, STOMP, STOMP

- 61-62** Take big step to left on left foot; drag right foot to left
- 63-64** Stomp right; stomp left.

REPEAT