

MAD COWBOY DISEASE

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Count: 48

Wall: 4

Level: Intermediate

Choreographer: Phyllis Manier (May 08)

Music: Mad Cowboy Disease by John Michael Montgomery

SAILOR STEP, SAILOR STEP KICK BALL CROSS FULL TURN

- 1&2** Right sailor step (cross right behind, left to left side, right to right side)
- 3&4** Left sailor step (cross left behind, right to right side, left to left side)
- 5&6** Kick right forward, replace right, cross left over right
- 7-8** Full turn right (spiral), weight the left foot

SHUFFLE FORWARD, CROSS TURN, STEP SIDE LEFT, LOOK LEFT, LOOK RIGHT AND HITCH RIGHT

- 1&2** Shuffle forward right, left, right
- 3-4** Cross left over right, do a $\frac{1}{4}$ turn left by stepping back right (9:00)
- 5-6** Step left to side left, look left
- 7-8** Look right, hitch right

SHUFFLE FORWARD, $\frac{1}{2}$ TURN PIVOT, SHUFFLE FORWARD $\frac{1}{4}$ TURN PIVOT

- 1&2** Shuffle forward right, left, right
- 3-4** Step forward left, pivot $\frac{1}{2}$ turn right (weight right)
- 5&6** Shuffle forward left, right, left
- 7-8** Step forward right, $\frac{1}{4}$ turn pivot (weight left) (12:00)

SAILOR STEP, COASTER STEP, $\frac{1}{2}$ TURN, LEG SWEEP WITH A $\frac{1}{4}$ TURN

- 1&2** Right sailor step (cross right behind, left to left side, right to right side)
- 3&4** Left coaster step with a $\frac{1}{4}$ turn left (9:00)
- 5-6** Step forward right, $\frac{1}{2}$ turn left (weight left)
- 7-8** Right leg sweep in front with a $\frac{1}{4}$ turn left (12:00)

TOUCH STEP, TWIST & TWIST TOUCH STEP TWIST & TWIST

- 1-2** Touch forward right, place weight on right
- 3&4** Twist right, left, right

5-6 Touch forward left, place weight on left

7&8 Twist left, right, left (weight the left)

Stay on the balls of your feet for this 8 count while moving forward slightly

ROCK STEP, STEP BACK AND DRAG, COASTER STEP, $\frac{1}{4}$ TURN LEFT, $\frac{1}{2}$ TURN LEFT

1-2 Rock step forward right, recover left

3-4 Big step back right, drag left heel back

5&6 Left foot coaster step

7-8 Turn step side right $\frac{1}{4}$ left, $\frac{1}{2}$ pivot left stepping left to side (3:00)

REPEAT