

Cowboy On The Run (牛仔很忙) (zh)

COPPER KNOB
STEP SHEETS

Count: 32

Wall: 4

Level: Improver

Choreographer: Rep Ghazali (SCO) - 2008年12月

Music: Cowboy On The Run (牛仔很忙) - Jay Chou (周杰倫)



前奏 : 32 count intro start on vocal (17sec)

第一段 Right Shuffle Fwd, Step-½ Pivot, Shuffle Fwd, ½ Turn-Touch 右前交換步, 踏轉1/2, 前交換步, 轉點

- 1&2 step forward Right, step Left together, step forward Right
右足前踏, 左足併踏, 右足前踏
- 3-4 step forward Left, ½ pivot turn Right (6)
左足前踏, 右轉180度(面向6點鐘)
- 5&6 step forward Left, step Right together, step forward Left
左足前踏, 右足併踏, 左足前踏
- 7-8 ½ turn Left by stepping back on Right, touch Left together (12)
左轉180度右足後踏, 左足併點(面向12點鐘)

(optional hand styling: swing an imaginary lasso above your head (anticlockwise) with your Right hand during count 1&2 and 5&6)

手勢 : 1&2及5&6時, 右手舉高超過頭, 以反方向好像在甩馬索似地旋轉

第二段 Toe & Heel Switches, Step- ¼ Pivot, Cross Shuffle 趾&踵交換, 踏轉1/4, 交叉交換

- 1&2 touch Left toe to Left side, step Left together, touch Right toe to Right side 左足趾左點, 左足併踏, 右足趾右點
- &3&4 step Right together, touch Left heel forward, step Left together, touch Right heel forward
右足併踏, 左足踏前點, 左足併踏, 右足踵前點
- &5-6 step Right together, step forward Left, ¼ pivot turn Right
右足併踏, 左足前踏, 右轉90度
- 7&8 cross Left over Right, step Right to Right side, cross Left over Right (3) 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏(面向3點鐘)

第三段 Side-Behind, And-Heel-And-Cross, Side-Behind, And-Heel-And-Cross 側-後, &-踵-&-交叉, 側-後, &-踵-&-交叉

- 1-2 step Right to Right side, cross Left behind Right
右足右踏, 左足於右足後交叉踏
- &3&4 step Right to Right side, touch Left heel diagonally forward Left, Step back Left, cross Right over Left step
右足右踏, 左足於左斜角線前點, 左足後踏, 右足於左足前交叉踏
- 5-6 step Left to Left side, cross Right behind Left
左足左踏, 右足於左足後交叉踏
- &7&8 step Left to Left side, touch Right heel diagonally forward Right, step back Right, cross Left over Right step (3)
左足左踏, 右足踵右斜角線前點, 右足後踏, 左足於右足前交叉踏(面向3點鐘)

第四段 Shuffle Back, Shuffle ½ Turn, Step-½ Pivot, Jump Out-Out X2 後交換步, 轉1/2交換步, 踏轉1/2, 跳外外二次

- 1&2 step back Right, step Left together, step back Right
右足後踏, 左足併踏, 右足後踏
- 3&4 ½ turn Left step forward Left, step Right together, step forward Left 左轉180度左足前踏, 右足併踏, 左足前踏(面向9點鐘)
- 5-6 step forward Right, ½ pivot turn Left (3)
右足前踏, 左轉180度(面向3點鐘)
- &7&8 jump forward out out shoulder apart Right-Left, jump forward out out shoulder apart Right-Left (3)
前踏外外-右, 左, 前踏外外-右, 左(面向3點鐘)

easier (stomp forward Right-Left)

option 重踏-右, 左

簡易版

TAG: ADD at the END of wall 3 (9 o'clock wall) 第三面牆面向9點鐘方向加拍

Stomp-And-Stomp-And, Coaster Step, Stomp-And-Stomp-And, Coaster Step 重踏-&-重踏-&, 海岸步, 重踏-&-重踏-&, 海岸步,

- 1&2& stomp Right across Left, recover on Left, stomp Right to Right side, recover on Left
右足於左足前交叉重踏, 左足回復, 右足右重踏, 左足回復
- 3&4 step back Right, step Left together, step forward Right
右足後踏, 左足併踏, 右足前踏
- 5&6& stomp Left across Right, recover on Right, stomp Left to Left side, recover on Right
左足於右足前交叉重踏, 右足回復, 左足左重踏, 右足回復
- 7&8 step back Left, step Right together, step forward Left
左足後踏, 右足併踏, 左足前踏

Gallop Forward, Stomp-Stomp 像馬向前奔馳, 重踏-重踏

- 1&2& step forward Right, step Left together, step forward Right, step Left together 右足前踏, 左足併踏, 右足前踏, 左足併踏
- 3&4 step forward Right, step Left together, step forward Right
右足前踏, 左足併踏, 右足前踏
- (count 1-4: travelling toward Right corner) 1-4拍向右上角前進
- 5&6 step forward Left, step Right together, step forward Left (travelling towards Left corner)
左足前踏, 右足併踏, 左足前踏(向左角前進)
- 7-8 stomp forward Right-Left (shoulder apart) 重踏-右, 左(與肩同寬)

(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) 手勢：當重踏時雙手做持手槍發射狀
