

# Cowboy On The Run

(Niu Zai Hen Mang)

32 Count 4 wall Improver/Easy Intermediate Level Line Dance

Choreographed by: Rep Ghazali, Scotland (December 2008)

Choreographed to: Cowboy On The Run (Niu Zai Hen Mang) 周杰倫 牛仔很忙 by Jay Chou

124 bpm 32 count intro start on vocal (17sec)

## **01-08 RIGHT SHUFFLE FWD, STEP-½ PIVOT, SHUFFLE FWD, ½ TURN-TOUCH**

1&2 step forward Right, step Left together, step forward Right

3-4 step forward Left, ½ pivot turn Right (6)

5&6 step forward Left, step Right together, step forward Left

7-8 ½ turn Left by stepping back on Right, touch Left together (12)

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

## **09-16 TOE & HEEL SWITCHES, STEP- ¼ PIVOT, CROSS SHUFFLE**

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, ¼ pivot turn Right

7&8 cross Left over Right, step Right to Right side, cross Left over Right (3)

## **17-24 SIDE-BEHIND, AND-HEEL-AND-CROSS, ½ TURN, 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)

## **25-32 SHUFFLE BACK, SHUFFLE ½ TURN, STEP-½ PIVOT, JUMP OUT-OUT X2**

1&2 step back Right, step Left together, step back Right

3&4 ½ turn Left step forward Left, step Right together, step forward Left

5-6 step forward Right, ½ pivot turn Left (9)

&7&8 jump forward out out shoulder apart Right-Left,

jump forward out out shoulder apart Right-Left (3)

(easier option: stomp forward Right-Left)

**TAG :** Add at the end of wall 3 (9 o'clock wall)

## **01-08 STOMP-AND-STOMP-AND, COASTER STEP, STOMP-AND-STOMP-AND, COASTER STEP**

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

## **09-16 GALLOP FORWARD, STOMP-STOMP**

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)

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)