

Save A Horse – Ride A Cowboy

Choreographed by Jamie Marshall & Bob Watters (5/04)

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Music: "Save A Horse (Ride A Cowboy)" by Big & Rich

Phrased, Low Intermediate, FUN! Sequence: A,B,A,B,AAA,B (Repeat last 16 counts of B for ending)

Step Sheet by Rose Haven email: rose@atlantalincedance.com

Part A: 1-8 Walk Walk, Kick-Ball-Change, Bumps

- 1,2 Walk forward R (1), L (2)
 - 3&4 Kick R forward (3), Step R next to L (&), Step L in place (4)
 - 5&6 Touch R diagonally bumping forward (5), Bump back L (&), Bump forward R (6)
 - &7&8 Bump back L (&), Bump forward R (7), Bump back L (&), Bump forward R (weight R) (8)
- (Option: 5-8: Touch R toe forward diagonally (heel raised) (5), Drop heel (6), Repeat (7,8) (12:00))

9-16 Step Back Points, Cross, Unwind 1/2

- 1-4 Step L back (1), Point R to R (2) Step R back (3), Point L to L (4)
- 5-8 Step L back (5), Point R to R (6) Cross R over L (7), Turn ½ L, weight to L (8) (6:00)

17-24 Kick & Points, And Point, Clap, Clap

- 1&2 Kick R forward (1), Small Step forward on R (&), Point L to L (2)
- 3&4 Kick L forward (3), Small Step forward on L (&), Point R to R (4)
- 5&6 Kick R forward (5), Small Step forward on R (&), Point L to L (6)
- &7&8 Replace L next to R (&), Point R to R (7) Clap (&), Clap (8) (6:00)

25-32 Rock, Recover, ¼ Turn R, Long Step, Step, Long Step, Step

- 1-4 Rock R forward (1), Recover on L (2) Turn ¼ R (squat position optional) (3) (9:00)
Step L next to R (4)
- 5-8 Long step forward R (5), Step L next to R (6) Long step back R (7), Step L next to R (8)

Part B: 1-8 Diagonal Triples (making ¾ Diamond)

- 1&2 Forward diagonal R triple R, L, R, turning ¼ R (1&2) (12:00)
- 3&4 Backward diagonal L triple L, R, L, turning ¼ R (3&4) (3:00)
- 5&6 Forward diagonal R triple R, L, R, turning ¼ R (5&6) (6:00)
- 7&8 Triple straight back, L, R, L (7&8) (6:00)

9-16 Coaster, Scuff – Hitch-Steps, Body Roll

- 1&2 Step R back (1), Next L next to R (&), Step R forward (2)
- 3&4 Scuff L next to R (3), Hitch L (&), Step L forward (4)
- 5&6 Scuff R next to L (5), Hitch R (&), Step R forward (6)
- 7&8 Forward body roll down, weight ending on L (7,8)

17-24 Skates, Triples, Skates, Triples

- 1-4 Skate R (1), Skate L (2) Forward diagonal R triple R, L, R (3&4)
- 5,6 Skate L (5), Skate R (6) Forward diagonal L triple L, R, L (7&8)

25-32 Touch-Ball-Steps, Quarter Paddle Turns

- 1&2 Touch R to R, extending arms to R (**Option: Kick R to R**) (1), Step R to R (&), Step L next to R, bringing arms to body (2) (Note: Arm movements should appear like pulling a rope)
- 3&4 Repeat 1&2 (Weight ends on L)
- &5 Push off on ball of R (&), Turn ¼ L on L (5) (Facing 3:00),
- &6 Push off on ball of R (&), Turn ¼ L on L (6) (Facing 12:00)
- &7 Push off on ball of R (&), Turn ¼ L on L (7) (Facing 9:00),
- 8 Turn ¼ L, taking weight on R (8) (Facing 6:00)
(continued on back)

Save A Horse – Ride A Cowboy (continued)

33-40 Touch-Ball-Steps, Quarter Paddle Turns

- 1&2 Touch L to L, extending arms to L (Option: Kick L to L) (1), Step L to L (&), Step R next to L, bringing arms to body (2)
- 3&4 Repeat 1&2 (Weight ends on R)
- &5 Push off on ball of L (&), Turn $\frac{1}{4}$ R on R (5) (Facing 9:00),
- &6 Push off on ball of L (&), Turn $\frac{1}{4}$ R on R (6) (Facing 12:00)
- &7 Push off on ball of L (&), Turn $\frac{1}{4}$ R on R (7) (Facing 3:00),
- 8 Turn $\frac{1}{4}$ R, taking weight on L (8) (Facing 6:00)

Start Dance Again!