

LAZY BOOTS WESTERN DANCERS

Corsham, Wiltshire

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COWBOY ON THE RUN

Choreographed by: Rep Ghazali, Scotland (Dec 08)

Music: Niu Zai Hen Mang by Jay Chou (CD: On The Run) 124bpm

Descriptions: 32 count -4 wall - Beginner/Intermediate level line dance, with 16 count tag

32 count intro, start on vocal

Right Shuffle Fwd, Step $\frac{1}{2}$ Pivot, Shuffle Fwd, $\frac{1}{2}$ Turn-Touch

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

3 - 4 Step forward Left, Pivot $\frac{1}{2}$ Turn Right

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

7 - 8 Turn $\frac{1}{2}$ left by stepping back on Right, touch Left together

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

Toe & Heel Switches, Step- 1/4 Turn, 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, Pivot 1/4 turn Right

7 & 8 Cross Left over Right, Step Right to Right side, Cross Left over Right

Side-Behind, And-Heel-And-Cross, Side-Behind, 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 forward (diag), Step back Left, Cross Right over Left

5 - 6 Step Left to Left side, Cross Right behind Left

& 7 & 8 Step Left to Left side, Touch Right heel forward (diag), Step back Right, Cross Left over Right

Shuffle Back, Shuffle 1/2 Turn, Step-2 Pivot, Jump Out-Out X2

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

3 & 4 Turn 1/2 Left and Step forward Left, Step Right together, Step forward Left

5 - 6 Step forward Right, Pivot $\frac{1}{2}$ turn Left

& 7 & 8 Jump forward shoulder apart Right-Left, Jump forward shoulder apart Right-Left

(easier option: stomp forward Right-Left twice)

BEGIN AGAIN

TAG: ADD at the END of 3rd Sequence (facing 9 o'clock wall)

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

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 (to right diagonal)

5 & 6 Step forward Left, Step Right together, Step forward Left (to left diagonal)

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)