

# Cowboy On The Run (Niu Zai Hen Mang)

Count: 32

Wall: 4

Level: Improver / Easy Intermediate

Choreographer: Rep Ghazali (SCO) - December 2008

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

**Intro: 32 count intro start on vocal (17sec)**

**(1-8) 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)**

**(9-16) 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, 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 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 (9)  
5-6 step forward Right, ½ pivot turn Left (3)  
&7&8 bend knees and jump forward out out shoulder apart Right-Left, bend knees and jump forward out out shoulder apart Right-Left (3)

**(easier option: stomp forward out Right-Left)**

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

**(1-8) 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

**(9-16) 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)**