

**Mad Cow****INTERMEDIATE**

48 Count 4 Walls

Choreographed by: Charles Bowring

Choreographed to: Mad Cowboy

Disease by John Michael Montgomery

**SECTION 1: SCUFF, BACK, COASTER STEP, STEP 1/4 LEFT, APPLEJACK TRAVELLING LEFT**

- 1 - 2 Scuff right forward, step right back  
3 & 4 Left coaster step  
5 - 6 Step right forward, pivot 1/4 turn left  
7 Keeping right toe and left heel in place move left toe and right heel to the left  
& Keeping left toe and right heel in place move right toe and left heel to the left,  
8 Keeping right toe and left heel in place move left toe and right heel to the left

**SECTION 2: RIGHT CROSS & SIDE, LEFT BEHIND & SIDE, STEP RIGHT ACROSS, 1/2 TURN RIGHT, RIGHT SHUFFLE FORWARD**

- 9 & 10 Step right across left, recover on to left, step right to side  
11 & 12 Step left behind right, recover on to right, step left to side  
13 - 14 Step right across left, 1/2 turn right stepping on left  
15 & 16 Right shuffle fwd

**SECTION 3: LEFT SIDE TOUCH X2, &, RIGHT SIDE TOUCH X2, 1/4 RIGHT, HOLD, HIPS**

- 17 - 18 Touch left to side X2  
& Step left in place  
19 - 20 Touch right to side X2  
& Step right in place  
21 - 22 Step Back on left making 1/4 turn right, hold  
23 & 24 Push hips fwd, back, fwd, (Weight on left)

**SECTION 4: RIGHT SHUFFLE FORWARD, LEFT CROSS  $\hat{A}$  3/4 RIGHT HEEL SPLITS TRAVELLING BACK, VAUDEVILLE STEP**

- 25 & 26 Right shuffle fwd  
27 - 28 Cross left over right, unwind 3/4 turn right  
& 29 & 30 Heel splits, close heels sliding right heel behind left, heel splits, close heels sliding left behind right  
& 31 & 32 Step diagonally back on right, touch left heel fwd, step left in place, step right across left

**SECTION 5: SCUFF, TOUCH, TWIST, 1/4 LEFT, CROSS FULL TURN, LEFT SHUFFLE FWD**

- 33 - 34 Scuff left fwd, touch left to side  
35 - 36 Twist left knee in, twist left knee out turning 1/4 left (Weight onto left)  
37 - 38 Cross right over left, unwind full turn left (Weight on right)  
39 & 40 Left shuffle fwd

**section 6: RIGHT BACK, DRAG LEFT, LEFT COASTER, STEP 1/4 LEFT, CHASSE LEFT**

- 41 - 42 Step right back, slide left to right  
43 & 44 Left coaster step  
45 - 46 Right step fwd, 1/4 left (weight on right)  
47 & 48 Chasse Left