

Saddle Up Mad Cowboy

48 Count, 4 Wall, Improver, West Coast Swing
Choreographer: Gail Smith & Cheryl Hutchinson
Choreographed to: Saddle Up Shawty by Mikel Knight
Mad Cowboy Disease by John Michael Montgomery

JAZZ JUMP, KNEE ROLLS, CHASSE LEFT, ROCK STEP

- &1 Right step forward, left step forward with feet apart
2 Roll right knee inward and around in a circular motion to the right (weight on right)
3-4 Roll left knee inward and around in a circular motion to the left (weight on left), repeat right knee roll
5&6 Left step to side, right step together, left step to side
7-8 Right step back - angle body slightly to right, left step in place (recover)

WIGGLE WALKS, KICK-TURN-KICK, SHUFFLE

- 9&10 Right toe step forward as you bump your hips two times and step heel down
11&12 Left toe step forward as you bump your hips two times and step heel down
13&14 Right kick forward, quick pivot ½ turn right on ball of left foot while hitching the right knee, right kick forward
15&16 Right step forward, left step together, right step forward

HEEL SWITCHES, BODY ROLL, COASTER, ROCK TO ¼ TURN (RIGHT)

- 17&18 Left heel touch forward, and left step next to right foot, right heel touch forward
&19-20 Right step next to left foot, left toe touch forward while rolling your body down - up (weight on right foot)
21&22 Left step back, right step next to left foot, left step forward
23&24 Right step forward, left step in place (recover), turn ¼ right and right foot step to side

CROSS, SIDE, ROCK N STEP, CROSS, SIDE, ROCK N STEP

- 25-26 Left step crossed over right foot, right step to side
27&28 Left step behind right foot (body angled right), right step in place (recover), left step to side
29-30 Right step crossed over left foot, left step to side
31&32 Right step behind left foot (body angled left), left step in place (recover), right step to side

Restarts go here for both songs. When dancing to "Saddle Up Shawty", on wall 6, replace count 32 with right scuff, then restart at count 1 facing 12:00 wall. When dancing to "Mad Cowboy Disease", on wall 4, replace count 32 with right scuff, then restart at count 2 facing 6:00 wall

COASTER ¼ TURN (LEFT), HIP ROLLS, COASTER

- 33-34 Turn ¼ turn left stepping back onto left foot, right step together, left step forward
35-36 Right step forward and roll hips in a to the left motion making 1/8 turn left (weight on left)
37-38 Repeat steps 33-34 completing ¼ turn
39-40 Right step back, left step next to right foot, right step forward

SHUFFLE, STOMPS, KICK, SWIVEL WALK (TRAVELING RIGHT), HOLD, CLAPS

- 41&42 Left step forward, right step together, left step forward
43&44 Right foot stomp two times, right kick forward
45 Swivel left heel to the right as you touch your right toe slightly to side (knee in and bent)
& Swivel left toe to the right as you touch your right heel slightly to side (leg straight, toe up)
46& Repeat steps 45& (right toe, heel)
47 Step 45 (right toe - total of 3 toe touches)
&48 Clap, clap

ENDING: When dancing to "Saddle Up Shawty"

&19-20 Body roll and straighten up, hands in the air ending

When dancing to "Mad Cowboy Disease"

&1 Jazz jump, then right step forward, turn ¼ (left) to face front, hands in the air

VARIATIONS

Low impact

- 2-4 Knee pops instead of rolls, (raise right heel, step down, raise left heel, step down, raise right heel, step down)
13&14 Touch right toe behind left foot, unwind 1/2 keeping weight on the left foot
45-48 Toe, heel, toe, heel, toe left stand in place, right foot - toe touches next to left foot (knee in), heel touches next to left foot (leg straight), hold on third toe touch and clap, clap

RESTART

When dancing to "Saddle Up Shawty", start immediately after rooster crows, then on wall 6, restart facing 12:00 at count 32. When dancing to "Mad Cowboy Disease", on wall 4, restart facing 6:00 at count 32

