

## Cowboy On The Run (Niu Zai Hen Mang)

32 Count, 4 Wall, Improver

Choreographer: Rep Ghazali (Scotland) Jan 2009

Choreographed to: Cowboy On The Run

(Niu Zai Hen Mang) ? ? ? ? ? ? ? by Jay Chou  
(124 bpm)

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32 count intro start on vocal (17sec)

- 01-08 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 )
- 09-16 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 kness and jump forward out out shoulder apart Right-Left,  
bend kness 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)
- 01-08 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
- 09-16 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)
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