

Like a Cowboy

Count: 32 Wall: 4 Level: High Intermediate

Choreographer: Fred Whitehouse (Ireland) April 2017

Music: Like a Cowboy by Randy Houser (Album "How Country Feels")



Intro – 16 counts or 14 seconds from start of track

[1-8] Step hitch, sweep, back rock, run x3, full turn L, basic

- 1,2,3 Step L forward hitching R knee, step RF back sweeping LF from front to back, rock LF back diagonal as you kick RF forward (face 10.30)
- 4&5 Step RF forward, step LF forward, Press RF forward (10.30)
- 6&7 3/8 turn L stepping LF forward (6.00) 1/2 turn L stepping RF back, 1/4 L stepping L to L side (9.00)
- 8& Close RF behind L, cross LF over R

[9-16] Sway x3, weave, sweep, 1/2 turn weave, cross, side

- 1,2,3 Step R to R side sway R, sway L, sway R,
- 4&5 Step LF behind R, step R to R side, cross LF over R sweeping RF from back to front
- 6&7 Cross RF over L, 1/4 turn R stepping LF back, 1/4 turn R stepping R to R side (3.00)
- 8& Cross LF over R, step R to R side

(On the 3 sways during the chorus of the song, use Right arm to make a slow rodeo lasso, lyrics say 'like a cowboy')

[17-24] Walk back x3, run forward x2, touch x2, kick, chase turn L

- 1,2,3 Step LF back diagonal (7.30), step RF back, step LF back (facing 1.30)

(Option: on second walk back drop head to floor, keep looking down on count 3, lift on next count)

- 4&5 Step RF forward, step LF forward, touch RF forward (1.30)
- Touch RF to R side, kick RF forward to 12 o'clock, step RF forward squaring up to 12 o'clock. Option: knee swing - bend knee slightly and twist knee in, out then kick, the RF should be off the floor.
- &6,7
- &8& Step LF forward, step forward R, pivot 1/2 turn L placing weight on LF

(Restart here on wall 3 hold weight on RF after the pivot 1/2 turn, 12.00, important to complete the 1/2 turn before restarting dance.)

[25- 32] Basic, weave L, cross rock recover, rock forward recover, 1/2 turn L, step forward

- 1,2& 1/4 turn L stepping R to R side, close LF behind R, cross RF over L (3.00)
- 3,4& Step L to L side, step RF behind L, step L to L side,
- 5,6& Cross RF over L, recover weight onto LF, step R to R side
- 7& Rock LF forward, recover weight onto RF
- 8& 1/2 turn L stepping LF forward, step RF forward (9.00)

TAG (Happens twice facing 3.00. End of wall 1 and 4)

Walk x3, rock & cross, ½ turn R, run x2

- 1,2,3 Make ½ turn L walking L,R,L (curve walk)
4&5 Rock RF to R side, recover, cross RF over L,
6,7 Step L to L side, ½ turn R stepping R forward
8& Run forward L,R (option: full turn R)

Ending: The dance ends when you do the 3 walks back on the diagonal, finish the dance with head down looking at the floor.

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