

Lonely Cowboy Waltz

Count: 54

Wall: 4

Level: Advanced waltz

Choreographer: Tara Conaghan (UK) & Michael Greasby (UK) - March 2019

Music: Mamas, Don't Let Your Babies Grow Up to Be Cowboys - Willie Nelson & Waylon Jennings



1-2-3 Rock out onto L foot, recover weight onto R and hold
4-5-6 Sweep L foot into a ¼ turning coaster step – back together forward Q
7-8-9 R lock step forward – forward together forward Q
& 10 11-12 2 half pivots to R – step L forward, pivot R and repeat -9 o' clock

1-2-3 Rock out onto L foot, recover weight onto R and hold
4-5-6 Sailor half turn over L shoulder, leaving L foot over R Q
7-8 & 9 Stepping to R on a side behind and cross, leaving L foot over R Q
10-11-12 Sweep R forward, sweep L forward, sweep R forward -3 o'clock

1-2-3 Rock out onto L foot, recover weight onto R and hold
4-5-6 L shuffle forward – L together L Q
7-8-9 R shuffle forward - R together R Q
10-11-12 A rolling 1¼ turn L - half turn L, half turn R, ¼ turn L -12 o' clock

1-2-3 Rock out onto R foot, recover weight onto L and rock out onto R
4-5-6 L diagonal lock step back – back lock back Q
7-8-9 R diagonal lock step back – back lock back Q
10-11-12 Rock back on L foot, hold, recover weight on R - 12 o'clock

1-2-3 Triple ¾ turn to R with a cross – half on L foot, ¼ on R, crossing L over R Q
4-5-6 Stepping R, sway R, L, R 9 o'clock

Choreographers' notes: At the end of the second wall after the sways, hold a beat, and sway to finish on your Final wall. In interpreting the music, we have taken some artistic license with the traditional timing. The sections marked with a Q are 'squeezed' counts and must be performed quickly.

Enjoy!

*Dedicated to Julie Lacey – dance mentor and best friend.

Last Update - 18 June 2019