

Cowboy Break

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Nicole Meeks (USA) - August 2024

Music: Cowboy Break My Heart - Tanner Adell



Hold first 2 8-counts, start on lyric 'Everything'

Pattern: A, Tag-1, A, A, Tag-2, Tag-2, A, Tag-1, A, A, Tag-2, Tag-2, Tag-2, Tag-2, A

Section A

TOE, TOE, TOE, SLIDE, GRAPEVINE R

- 1 Point Right toe on ground out to the R
- &2 Step Right next to L (&) Point Left toe on ground out to the L
- &3 Step Left next to R (&) Point Right toe on ground out to the R
- 4 Drag Right toe to hitch position with R knee up
- 5,6,7,8 Grapevine to the R - Step Weight on R (5), cross L behind (6), Step R (7), Step L together (8)

TOE, TOE, TOE SLIDE, GRAPEVINE L

- 1 Point Left toe on ground out to the L
- &2 Step Left next to R (&) Point Right toe on ground out to the R
- &3 Step Right next to L (&) Point Left toe on ground out to the L
- 4 Drag Left toe to hitch position with L knee up
- 5,6,7,8 Grapevine to the L - Step Weight on L (5), cross R behind (6), Step L (7), Step R together (8)

FORWARD ROCK, 1/2 TURN SHUFFLE TO R, FORWARD ROCK, 1/2 TURN SHUFFLE TO L

- 1,2 Rock Forward on Rf, Recover onto Lf
- 3 & 4 Make a 1/4 turn R stepping Rf to R side, close Lf next to Rf, make a 1/4 turn R stepping forward on Rf
- 5,6 Rock Forward on Lf, Recover onto Rf
- 7 & 8 Make a 1/4 turn L stepping Lf to L side, close Rf next to Lf, make a 1/4 turn L stepping forward on Lf

HEEL, FLICK, STEP PIVOT, STOMP, STOMP, CLAP

- 1 Step Right Heel out to the R, pushing L hip to the left
- 2 Hold
- &3 Hop step weight on R, lift left toe behind with bent knee
- 4 step forward L
- 5 Pivot turn over R shoulder
- 6 Stomp L
- 7 Stomp R
- 8 Clap

TAG-1 (Happens on slow part of song starting with 'Been a Good Girl...')

SIDE SALSA R, HIP SWAYS

- 1,2 Step R to R while pushing hip to R, Recover weight
- 3 Step R together to L
- 4 Hold
- 5,6,7,8 Sway Hips R, L, R, L

SIDE SALSA L, HIP SWAYS

- 1,2 Step L to L while pushing hip to L, Recover weight
- 3 Step R together to L
- 4 Hold
- 5,6,7,8 Sway Hips R, L, R, L

TAG-2 (Happens on Instrumental portions of song)

HIP BUMPS, V-STEP ON HEELS, TURNING STEP-TOUCH WITH LASSO

- 1 Place R toe forward, keeping weight on L
 - &2 Bump R hip to the right and back
 - & Step diagonal R on R heel
 - 3 Step diagonal L on L heel
 - & Bring R foot back to center
 - 4 Bring L foot back to center next to R
 - 5 Step R forward with 1/8 turn over left shoulder (optional lasso right arm)
 - 6 Step L together Right (optional lasso right arm)
 - 7 Step L forward with 1/8 turn over left shoulder (optional lasso right arm)
 - 8 Step R together Left (optional lasso right arm)
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