

# Sow'n Oats

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Peter Fry (AUS)

Music: Cotton Pickin' Time - Blake Shelton



- &1& Step right to right side and tilt head to right, step left in place and tilt head to left tilt head right  
&2&3 Tilt head left, shimmy right shoulder back & left shoulder forward, shimmy left shoulder back & right shoulder forward  
&4 Shimmy right shoulder back & left shoulder forward, shimmy left shoulder back & right forward  
&5&6-7-8 Bounce right hip up, down, up, down, kick right to right side, kick right to right side
- 1&2-3& Step right behind left, step left to left side, step right in place, step left behind right, step right to right side  
4-5-6 Step left in place, step right behind left, make ¼ turn left & step left forward  
7-8 Step right forward making a full turn left on ball of right foot, step left forward
- &1-2-3 Step right to right side, step left in place, kick right across in front of left, make ¼ turn right & touch right toe forward  
4-5-6 Drop heel & take weight onto right foot, step left forward, pivot ½ turn right  
7-8 Step left forward, touch right beside left
- &1-2-3-4 Replace weight onto right, step left forward, step right to right side, replace weight onto left, step right behind left  
5-6-7 Touch left to left side, make ¼ turn left & hook left heel in front of right shin, step left forward  
&8 Lock right behind left, step left forward
- &1&2&3 Scoot back on left, step right forward, scoot back on right, step left forward, scoot back on left, step right forward  
&4 Scoot back on right, step left forward
- Restart from here on walls 2 and 4**  
&5& Hitch right knee, step right forward to right 45, lock left behind right  
&6&7&8 Step right forward to right 45, hitch left knee, step left forward to left 45, lock right behind left, step left forward to left 45
- &1-2-3 Step right beside left, step left forward, replace weight back onto right, make ¼ turn left & step left to left side  
4-5-6 Cross right over in front of left, make ¼ turn right & step left back, make ½ turn right & step right forward  
7&8 Make ¼ turn right & step left to left side, step right together, make ¼ turn right & step left back
- &1&2 Step right back to right 45, touch left heel forward to left 45, replace weight back onto left, step right beside left  
&3&4 Step left back to left 45, touch right heel forward to right 45, step forward on right, touch left beside right  
&5&6 Step left to left side, step right to right side, step left beside right, cross right over in front of left  
7-8 Unwind ½ turn left (end with weight on right foot), clap hands together
- &1&2& Scoot back on right, touch left toe back, scoot back on right, touch left heel forward, scoot back on right

3&4&5 Step left back, step right together, step left back, scoot back on left, touch right toe back  
&6&7-8 Scoot back on left, touch right heel forward, scoot back on left, step right back, step left together

**REPEAT**

**RESTART**

**On walls 2 & 4 dance the first 36 counts and restart dance**

---