

# The Cowgirl's Waltz

COPPERKNOB  
STEPSHEETS

Count: 48

Wall: 2

Level: Intermediate

Choreographer: Jan Wyllie (AUS)

Music: Long Hard Ride - Joni Harms



## STEP BACK SLIDE HOLD, WALTZ FORWARD ½ TURN

1-2-3 Step back on right, touch left toe back, hold  
4-5-6 Waltz forward left, right, left making ½ turn left

## WALTZ BACK ¼ TURN, WALTZ FORWARD

7-8-9 Waltz back right, left, right making ¼ turn left  
10-11-12 Waltz forward left, right, left

## WALK BACK RIGHT, LEFT, STOMP & STEP BESIDE, STEP ACROSS, SIDE ROCK RETURN

13-14-15& Walk back right, left, stomp right beside left keeping weight on left, step right beside left  
16-17-18 Step left across right, rock/step right to right, rock/return weight sideways onto left

## STEP BEHIND, ¼ ROCK RETURN, ½ TURN, ¼ PIVOT

19-20-21 Step right behind left, making ¼ left rock/step forward on left, rock back on right  
22-23-24 Making ½ left step forward on left, step forward on right, pivot ¼ left transferring weight to left

## CROSS WALTZ. CROSS WALTZ

25-26-27 Step right across left, rock/step left to left, rock/return weight sideways onto right  
28-29-30 Step left across right, rock/step right to right, rock/return weight sideways onto left

## FORWARD ROCK RETURN, STEP TOGETHER, WALK BACK LEFT, RIGHT, LEFT

31-32-33 Rock/step forward on right, rock back on left, step right beside left  
34-35-36 Walk back left, right, left

## & WEAVE LEFT, RIGHT, LEFT, RIGHT, CROSS ROCK RETURN

&37-38-39 Step right beside left, step left across right, step right to right, step left behind right  
40-41-42 Step right to right, rock/step left over right, rock/return weight back onto right

## ¼ TURN LEFT, FULL TURN LEFT, STEP PIVOT ½, TAP BESIDE

43-44-45 Making ¼ left step forward on left, step forward right, left, making a full turn left  
46-47-48 Step forward on right, pivot ½ left transferring weight to left, tap right beside left

## REPEAT

## RESTART

On wall 4 there is a restart after count 12. Make the waltz at count 7,8,9 a ½ turn rather than a ¼ turn so that you face the front to restart the dance