

# Cow-Lypso

Count: 32

Wall: 4

Level: Improver

Choreographer: Gloria Johnson (USA)

Music: Redneck Limbo - Mitch Adelman



## **SIDE ROCK STEP, TRIPLE IN PLACE, SIDE ROCK STEP, TRIPLE IN PLACE**

**Attitude: on the triple steps, keep feet slightly apart and put attitude into the hip motions**

- 1-2 Rock right to right side; rock back onto left
- 3&4 Triple in place stepping right, left, right
- 5-6 Rock left to left side; rock back onto right
- 7&8 Triple in place stepping left, right, left

## **SIDE TOUCH, 1/8 TURN, SIDE TOUCH, 1/8 TURN (REPEAT)**

**Attitude: side sway hip motion. Let your arms move naturally**

- 9-10 Touch right toe to right side; turning 1/8 left, touch right toe next to left foot
- 11-12 Touch right toe to right side; turning 1/8 left, touch right toe next to left foot
- 13-14 Touch right toe to right side; turning 1/8 left, touch right toe next to left foot
- 15-16 Touch right toe to right side; turning 1/8 left, touch right toe next to left foot

## **¼ TURN STEP, TOGETHER, STEP, TOGETHER, ½ TURN STEP, TOGETHER, STEP TOUCH**

**Attitude: sway you shoulders in the direction you are going and your hips will follow**

- 17-18 Turning ¼ right, step right forward; step left beside right
- 19-20 Step right forward, touch left beside right
- 21-22 Turning ½ left, step left forward; step right beside left
- 23-24 Step left forward; touch right beside left

## **ROCK STEP BACK, KICK-BALL-CHANGE, ROCK STEP BACK, KICK-BALL-CHANGE**

**Attitude: feel free to put your own attitude into these 8 steps**

- 25-26 Rock back on right; rock forward on left
- 27&28 Kick right forward; step right next to left; step left next to right
- 29-30 Rock back on right; rock forward on left
- 31&32 Kick right forward; step right next to left; step left next to right

**REPEAT**

---