

# Cowpokes Blues

Count: 32

Wall: 4

Level: Improver

Choreographer: Louise Elfvengren (NOR) - March 2010

Music: Where Cowpokes Grow - Bryan Ragsdale



Start at Vocals.

## Section 1

**KICK BALL CHANGE, STEP TURN ¼ LEFT, CROSS SHUFFLE, STEP TURN ½ RIGHT**

- 1&2 Kick right fw, step down on right, step down on left  
3-4 Step fw right, turn ¼ left stepping down left beside right  
5&6 Cross right over left, step left to left, cross right over left  
7-8 Step fw left, turn ½ right stepping fw right.

## Section 2

**KICK BALL CHANGE, STEP TURN ¼ RIGHT, FULL TRIPLE TURN MOVING RIGHT, TURN ¼ RIGHT, WALK x 2**

- 1&2 Kick left fw, step down on left, step down on right  
3-4 Step fw left, turn ¼ right stepping down right beside left  
5&6 Full tripleturn over right shoulder left-right-left, moving slightly to right  
**Option 5&6 = cross shuffle/ Cross left over right, step right to right side, cross left over right**  
7-8 Turn ¼ right, walking fw right-left

## Section 3

**ROCK & CROSS. COASTER STEP, STEP TURN ½ LEFT, FULL TRIPLE TURN LEFT**

- 1&2 Rock right to right side, recover onto left, cross right over left  
3&4 Step left back, step right next to left, step left forward  
5-6 Step right forward, turn ½ left stepping forward on left  
7&8 Full tripleturn over left shoulder right-left-right  
**Option 7&8 = Shuffle forward/ Step right forward, step left beside right, step right forward**

## Section 4

**WIZARD STEPS DIAG. LEFT-RIGHT, ROCK FW REC. COASTER STEP**

- 1-2& Step left diag. fw a long step, lock right behind left, small step fw left  
3-4& Step right diag. fw a long step, lock left behind right. Small step fw right  
5-6 Rock fw left, recover onto right  
7&8 Step back left, step right next to left, step forward on left.

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