

Lonely Cowboy

Compte: 32

Mur: 4

Niveau: Beginner



Chorégraphe: Paul Parsons (UK) - July 2019

Musique: Where Rivers Are Red and Cowboys Are Blue - Triston Marez : (Album: That Was All of Me)

Rock recover shuffle forward, rock back recover shuffle back

- 1-2 Rock forward on the right foot recover on the left
- 3&4 Right shuffle back stepping Right, Left, Right
- 5-6 Rock back on the left foot recover on the right
- 7&8 left shuffle forward stepping left, right, left

Right Side rock cross shuffle, Left side rock cross shuffle.

- 1-2 Rock the right out to the right side and cross the Right in front of left
- 3&4 Cross shuffle right over left stepping right, left, right
- 5-6 Rock the left out to the left side and cross left in front of Right
- 7&8 Cross shuffle Left over right stepping left, right, left

Right-side together back, left side together back

- 1-2 Step the right foot to the right side and step the left next to right.
- 3&4 Shuffle back Right left Right
- 5-6 Step the left foot to the left side and step right next to left.
- 7&8 Shuffle back left right left.

Back point back points, right Sailor left Sailor quarter turn

- 1-2 Cross right behind left, point the left out to the left side
- 3-4 Cross left behind right and point the right out to the right side
- 5&6 Rock right foot behind left, step left foot out to left side, step right foot out to right side.
- 7&8 Rock quarter turn Left foot behind Right, step right foot out to right side, step left foot out to the left side. (9 o'clock)

Begin again.

Ending the dance finishes at the back wall Cross Right over left and unwind a half turn to the front wall.

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