

# Cow Cow Strut

Compte: 64

Mur: 0

Niveau:



Chorégraphe: Michelle Malmberg & Jay Byam

Musique: Cow Cow Strut - Wynona Sue and The Turnpikes

## LEFT STOMP & HIP PULL

- 1 Step with left diagonally forward at 45 degrees with a stomp, placing both hands forward with palms down and grab some air like a bar rail
- 2 Pull left hip to left foot with hands turning upwards and arms pulling you forward, drawing the right foot up to the left and shift the weight onto the right foot, popping the left knee
- 3 Step with left diagonally forward at 45 degrees with a stomp, placing both hands forward with palms down and grab some air like a bar rail
- 4 Pull left hip to left foot with hands turning upwards and arms pulling you forward, drawing the right foot up to the left and shift the weight onto the right foot, popping the left knee, but tap right foot beside left and leave weight on left foot

## RIGHT STOMP & HIP PULL

- 5 Step with right diagonally forward at 45 degrees with a stomp, placing both hands forward with palms down and grab some air like a bar rail
- 6 Pull right hip to right foot with hands turning upwards and arms pulling you forward, drawing the right foot up to the right and shift the weight onto the left foot, popping the right knee
- 7 Step with right diagonally forward at 45 degrees with a stomp, placing both hands forward with palms down and grab some air like a bar rail
- 8 Pull right hip to right foot with hands turning upwards and arms pulling you forward, drawing the left foot up to the right and shift the weight onto the left foot, popping the right knee, but tap left foot beside right and leave weight on right foot

## 2 SETS - SWIVEL STEPS FORWARD

- 9-10 Weight on right, carve an outside swivel on the floor with left foot then step down on left shifting weight onto the left
- 11-12 Weight on left, carve an outside swivel on the floor with right foot then step down on right shifting weight onto the right
- 13-14 Weight on right, carve an outside swivel on the floor with left foot then step down on left shifting weight onto the left
- 15-16 Weight on left, carve an outside swivel on the floor with right foot then step down on right shifting weight onto the right

## RIGHT TURN WITH RIGHT WEAVE

- 17-18  $\frac{1}{4}$  turn to right and step with left crossing in front of right to right side and hold
- 19-20 Step to right side with right foot and hold
- 21 Step left to right side crossing behind right
- 22 Step right to right side
- 23 Hitch left knee up with a scoot on right and clap
- 24 Step left to floor beside right and slap hips/thighs ending with weight on the left

## HIP SWINGS

- 25-26 With a sultry swing, send hips and body weight to right side
- 27-28 Swing hips and body weight to left side

## DOUBLE UP ON MOVEMENT

- 29 Hips right
- 30 Hips left
- 31 Hips right

32 Hips left ending with weight on left

### **JAZZ BOX**

33-34 Step forward with right foot and hold  
35-36 Step across front of right with left foot to right side and hold  
37-38 Step back with right and hold  
39 Draw left foot back to right foot  
40 Step down on left foot beside right shifting weight onto left

### **JAZZ BOX WITH HIP CIRCLE**

41-42 Step forward with right foot and hold  
43-44 Step across front of right with left foot to right side and hold  
45 Step back with right foot  
46 Push body sideways to the left landing with weight on the left  
47 Circle hips to the left  
48 Finish hip movement and clap

### **FORWARD STOMPS, TURN, BRUSH**

49-50 Heavy step forward with right foot  
51-52 Heavy step forward with left foot  
53 ½ turn left stepping forward with right  
54 Stomp left slightly ahead of right  
55 Brush right beside left  
56 Stomp right beside left shifting weight onto right

### **ROCK BACK, POINT, CROSS**

57 Step back onto left  
58 Rock weight forward onto right  
59 Brush left beside right pointing left toe forward  
60 Hook left ankle under right knee in front

### **TURNING VINE TO LEFT**

61 Step with left beginning full turn turn to left  
62 Close right to left continuing turn and shift weight onto right  
63 Step with left completing turn  
64 Stomp right beside left shifting weight onto right and clap

### **REPEAT**

### **OPTION**

**Substitute the following syncopated movements for counts 13-16:**

#### **2 SETS - SYNCOPATED SWIVEL STEPS FORWARD**

13& Weight on right, carve an outside swivel on the floor with left foot then step down on left shifting weight onto the left  
14& Weight on left, carve an outside swivel on the floor with right foot then step down on right shifting weight onto the right  
15& Weight on right, carve an outside swivel on the floor with left foot then step down on left shifting weight onto the left  
16& Weight on left, carve an outside swivel on the floor with right foot then step down on right shifting weight onto the right

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