

# Cow-Lypso

COPPER KNOB  
STEPPERS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Gloria Johnson (USA)  
音乐: 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**

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