

# 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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