

# Cow\*\*\*\* On Our Boots (P)

COPPERKNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Intermediate partner dance  
编舞者: Ulla Jespersen (DK)  
音乐: Jeg er En Simpel Røgter - Totalpetroleum



Position: Man holding lady's left hand in his right

Count 5-6-7-8 while they sing "Jeeeeeeeeeej" and start dance on "er", as the music really starts. This dance is dedicated to Jørn Hansen, Kaktus-Klubben, as a tribute to his never-ending work in spreading the interest for good Country-music. (so-called "cows\*\*\* music" as the Danes say. J And one af Jørn's favorite expressions!)

## MAN'S STEPS

### FORWARD, HEEL, TOE, KICK BALL CHANGE TWICE

1-2            Forward left, right  
3-4            Touch left heel forward, step left together  
5-6            Touch right toe backwards, step right together  
7&8           Kick left forward, step together, change weight to right  
9-16           Repeat 1-8

### POINT, STEP/POINT, STEP/HEEL, STEP/TOUCH BACK, SHUFFLE, ROCK STEP TWICE

1&2            Touch left to right side, step left next to right and touch right heel forward  
&3            Step right next to left and touch left heel forward  
&4            Step left next to right and touch right back  
5&6            Shuffle back right, left, right  
7-8            Step (rock) back on left, recover on right  
9-12           Repeat 1-4  
13&14          Shuffle forward right, left, right  
15&16          Step (rock) forward on left, recover on right

### SIDE ROCK, CROSS-SHUFFLE TWICE

1-2            Rock onto left and change weight onto right  
3&4            Cross shuffle left, right, left

### Man passes behind lady

5-6            Rock onto right and change weight onto left  
7&8            Cross shuffle right, left, right

### Man passes behind lady

### ROCK, RECOVER, SHUFFLE TWICE

1-2            Rock forward on left, recover on right  
3&4            Shuffle backwards left, right, left  
5-6            Rock backwards on right, recover on left  
7&8            Shuffle forward right, left, right

### HEEL-HOOK, HEEL-SWITCHES

1&2            Right heel forward, hook right leg across left leg, right heel forward  
&            Step right next to left  
3&4            Left heel forward, hook left leg across right leg, left heel forward  
&            Step left next to right  
5&6            Right heel forward, step next to left, left heel forward  
&7-8           Step left next to right and right heel forward, flick right up and out, snap fingers on boot

### 4 SHUFFLES MAKING 2 FULL-TURN

- 1&2 Shuffle right-left-right while making ½ turn to the right
- 3&4 Shuffle left-right-left while making ½ turn to the right
- 5&6 Shuffle right-left-right while making ½ turn to the right
- 7&8 Shuffle left-right-left while making ½ turn to the right

**REPEAT**

**LADY'S STEPS**

**FORWARD, HEEL, TOE, KICK BALL CHANGE TWICE**

- 1-2 Forward right, left
- 3-4 Touch right heel forward, step right together
- 5-6 Touch left toe backwards, step left together
- 7&8 Kick right forward, step together, change weight to left
- 9-16 Repeat 1-8

**POINT, STEP/POINT, STEP/HEEL, STEP/TOUCH BACK, SHUFFLE, ROCK STEP TWICE**

- 1&2 Touch right to right side, step right next to left and touch left to left side
- &3 Step left next to right and touch right heel forward
- &4 Step right next to left and touch left back
- 5&6 Shuffle back left, right, left
- 7-8 Step (rock) back on right, recover on left
- 9-12 Repeat 1-4
- 13&14 Shuffle forward left, right, left
- 15&16 Step (rock) forward on right, recover on left

- 1-2 Rock onto right and change weight onto left
- 3&4 Cross shuffle right, left, right

**Lady passes across in front of man**

- 5-6 Rock onto left and change weight onto right
- 7&8 Cross shuffle left, right, left

**Lady passes across in front of man**

**STEP, PIVOT, SHUFFLE TWICE**

- 1-2 Step forward on right, pivot left
- 3&4 Shuffle forward right, left, right
- 5-6 Step forward on left, pivot right
- 7&8 Shuffle forward left, right, left

- 1&2 Left heel forward, hook left leg across right leg, left heel forward
- & Step left next to right
- 3&4 Right heel forward, hook right leg across left leg, right heel forward
- & Step right next to left
- 5&6 Left heel forward, step next to right, right heel forward
- &7-8 Step right next to left and left heel forward, flick left up and out, snap fingers on boot

- 1&2 Shuffle left-right-left while making ½ turn to the left
- 3&4 Shuffle right-left-right while making ½ turn to the left
- 5&6 Shuffle left-right-left while making ½ turn to the left
- 7&8 Shuffle right-left-right while making ½ turn to the left

**REPEAT**

**TAG**

On wall 3 there is a change in the music. Ignore it and dance on

**On wall 4 skip counts 17-32 and go straight to 33: side rock, cross-shuffles**

**OPTIONS:**

41-48            Man follow lady in "step, pivot, shuffles twice"

57-64            Shuffle forward, then 2 shuffles with  $\frac{1}{2}$  turn, shuffle forward

**Or: 4 shuffles forward**

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