

# Cow-Cow Boogie

COPPER KNOB  
STEPSHEETS

拍数: 48      墙数: 2      级数: Easy Intermediate  
编舞者: Lynda Summers (CAN) - July 2013  
音乐: Cow-Cow Boogie - Ray Stevens



**INTRO: 16 counts, facing back wall**

**MONTEREY (1/4 right), MONTEREY (1/4 left)**

1,2      Touch R toe to right side, turn 1/4 right (R beside L). (9:00)  
3,4      Touch L toe to left side, turn 1/4 left (L beside R). (6:00)

**MONTEREY (1/2 right), POINT LEFT, TOGETHER**

5,6      Touch R toe to right side, turn 1/2 right (R beside L). (12:00)  
7,8      Touch L toe to left side, step L beside R.

**ROCK FWD, RECOVER, COASTER STEP**

1,2      Rock step R forward, recover onto L.  
3&4      Step R back, step L beside R, step R forward.

**HEEL JACKS, HEELS down**

5&      Touch L heel to left diagonal, step L beside R.  
6&      Touch R heel to right diagonal, step R beside L.  
7      Touch L in front of R pivoting 1/4 right on both toes. (3:00)  
8      Drop both heels down and clap.

**TOE IN, HEEL IN, CHASSE RIGHT**

1,2      Touch R toe beside L instep, touch R heel beside L instep.  
3&4      Chasse side right (R-L-R).

**HEEL FWD, TOGETHER, HEEL FWD, TOGETHER**

5,6      Touch L heel to left fwd diagonal, step L beside R.  
7,8      Touch R heel to right fwd diagonal, step R beside L.

**ROCK FWD, RECOVER, COASTER STEP**

1,2      Rock step L forward, recover onto R.  
3&4      Step L back, step R beside L, step L forward.

**KICK-BALL-CHANGE, KICK-BALL-CHANGE**

5&6      Kick R forward, step on ball of R, step L beside R.  
7&8      Repeat counts 5&6.

**PIVOT TURN (1/4 left), PIVOT TURN (1/4 left)**

1,2      Step R forward, pivot 1/4 left onto L. (12:00)  
3,4      Repeat counts 1&2. (9:00)

**CHASSE RIGHT, ROCK BACK, RECOVER**

5&6      Chasse side right (R-L-R).  
7,8      Rock step L behind R, recover onto R.

**1/4 LEFT, 1/2 LEFT, COASTER STEP**

1,2      Turn 1/4 left (L forward), turn 1/2 left (R back). (12:00)  
3&4      Step L back, step R beside L, step L forward.

**KICK, KICK, JUMP RIGHT-JUMP LEFT**

5,6      Kick R forward twice.  
&7&8      Jump R to side, touch L beside R, jump L to side, touch R beside L.

**START DANCE AGAIN**

## SEQUENCE

wall 1 (6:00) - do full dance

wall 2 (12:00) - do full dance

wall 3 (6:00) - do up to count 12, add tag , then restart

wall 4 (12:00) - do up to count 32 (kick-ball-changes), then restart

\* wall 4 changes the dance to the side walls

wall 5 (9:00) - do full dance

wall 6 (3:00) - do up to count 12, add tag, then restart

wall 7 (9:00) - for this last wall, do the following:

1-42 do as usual with no changes  
43&44 turn 1/4 left on coaster step  
45&46 chasse side right (R-L-R).  
47,48 Touch R heel to left diag, hold & pose.  
(left hand at waist, swing right arm high in small circles)

## TAG – RESTART

On wall 5 and wall 6, add this tag after count 12:

1,2 Cross step L over R, step R back.

3&4 Triple step in place (L-R-L).

Then Restart from count 1.

## OPTIONAL ENDING (wall 7)

On wall 7 do counts 1 to 32 (the 2 kick-ball-changes).

Then add:

### Full turn right

1,2 Turn 1/4 right (R forward), turn 1/4 right (L forward).

3&4 Triple step (R-L-R) turning 1/2 right.

### Full turn left

5,6 Turn 1/4 left (L forward), turn 1/4 left (R forward).

7&8 Triple step (L-R-L) turning 1/2 left.

### Paddle turn (1/4 left), Paddle turn (1/4 left)

9,10 Step R forward, pivot 1/4 left onto L.

11,12 Repeat steps 9,10.

### Chasse right, heel fwd, hold & pose

13&14 Chasse side right (R-L-R)

15,16 Touch L heel to left fwd diagonal, hold and pose.

(left hand at waist, swing right arm high in small circles)

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