

Lonely Cowboy Waltz

COPPER KNOB
STEPSHEETS

拍數: 54 牆數: 4 級數: Advanced waltz
編舞者: Tara Conaghan (UK) & Michael Greasby (UK) - March 2019
音樂: Mamas, Don't Let Your Babies Grow Up to Be Cowboys - Willie Nelson & Waylon Jennings



-
- | | |
|------------|---|
| 1-2-3 | Rock out onto L foot, recover weight onto R and hold |
| 4-5-6 | Sweep L foot into a ¼ turning coaster step – back together forward Q |
| 7-8-9 | R lock step forward – forward together forward Q |
| & 10 11-12 | 2 half pivots to R – step L forward, pivot R and repeat -9 o' clock |
| | |
| 1-2-3 | Rock out onto L foot, recover weight onto R and hold |
| 4-5-6 | Sailor half turn over L shoulder, leaving L foot over R Q |
| 7-8 & 9 | Stepping to R on a side behind and cross, leaving L foot over R Q |
| 10-11-12 | Sweep R forward, sweep L forward, sweep R forward -3 o'clock |
| | |
| 1-2-3 | Rock out onto L foot, recover weight onto R and hold |
| 4-5-6 | L shuffle forward – L together L Q |
| 7-8-9 | R shuffle forward - R together R Q |
| 10-11-12 | A rolling 1¼ turn L - half turn L, half turn R, ¼ turn L -12 o' clock |
| | |
| 1-2-3 | Rock out onto R foot, recover weight onto L and rock out onto R |
| 4-5-6 | L diagonal lock step back – back lock back Q |
| 7-8-9 | R diagonal lock step back – back lock back Q |
| 10-11-12 | Rock back on L foot, hold, recover weight on R - 12 o'clock |
| | |
| 1-2-3 | Triple ¾ turn to R with a cross – half on L foot, ¼ on R, crossing L over R Q |
| 4-5-6 | Stepping R, sway R, L, R 9 o'clock |

Choreographers' notes: At the end of the second wall after the sways, hold a beat, and sway to finish on your Final wall. In interpreting the music, we have taken some artistic license with the traditional timing. The sections marked with a Q are 'squeezed' counts and must be performed quickly.
Enjoy!

*Dedicated to Julie Lacey – dance mentor and best friend.

Last Update - 18 June 2019
