

# Cowbell

拍數: 76      牆數: 4      級數: Intermediate  
編舞者: Jen Ski (USA) - July 2023  
音樂: Brown Chicken Brown Cow - Trace Adkins



## One Bridge Wall 3 and One Repeat start of Wall 4

### [1-8] Out and cross, 1/2 turn, walk

1&2      Step R out, recover and cross R over L  
3&4      Step L out, recover and cross L over R  
5&      Step forward on R half turn L weight on L  
6,7,8      Walk forward R L R

### [9-16] Step 1/2 turn, 1/4 turn vine, hop, chug

1&2      Step forward on the L 1/2 turn R (put weight on R) Continue 1/4 turn R stepping out on the L  
&3&4      R foot behind(&), step out with L(3), cross R over L(&), Step out on L foot(4)  
&5      Hop sideways by bringing your R foot next to L and stepping out with L  
6,7,8      Chug R foot 1/2 turn L

### [17-24] Charleston2x

1&2      Swing R foot forward, return next to L  
3&4 ,      Swing L foot backward, return next to R  
5&6      Swing R foot forward, return next to L  
7&8      Swing L foot backward, return next to R

(Bridge Here) on Wall 3 here.

After Charleston jump to Counts &8 of (33-40) and continue dance

### [25-32] Shuffle, 3/4 turn, walk

1&2      Shuffle up on the R  
3&4      Step forward on L(3), 3/4 turn to the R(&) Step forward on the L(4)  
5,6,7,8      Walk forward RLRL

### [33-40] Rock recover 1/4 turn, behind and cross, rock, cross and behind. out-out

1&2      Rock forward on the R, recover on L with quarter turn R (weight on R)  
3&4      L foot behind R, step out on R and cross L over R  
5&      Rock out on the R and recover back onto L  
6&7      Cross R over L, step out on L, swing R foot behind L stepping onto R  
&8      Step out on L(&) step out on Right(8) (weight should be on R)

### [41-48] Cross 1/2 turn, scuff step, Applejack's x2

&1      Bring L foot towards R(&) as you cross R over L(1)  
2      Half turn left  
3&4      Scuff R foot and step R L shoulder width apart (weight even)  
5&6      traveling Applejack's right (Modify: Swivel heel toe heel)  
7&8      traveling Applejack's left (Modify: Swivel heel toe heel)

### [49-56] K-step, vine scuff 1/2 turn, vine

1&2&      Step R foot back diagonally R, L touch, L diagonally forward L, R touch  
3&4&      Step R forward diagonally R, L touch, L diagonally back L, R touch  
5&6      R foot step out R, L foot behind, R step out R  
&      Scuff L foot and do a 1/2 turn R  
7&8&      Step out with L, behind with R, out with L, touch R together

**[57-64] K-step, hitch heel Jack x2**

1&2& Step R foot back diagonally R, L touch, L diagonally forward L, R touch  
3&4& Step R forward diagonally R, L touch, L diagonally back L, R touch  
5& Hitch R knee up and hop once to R(5), switch weight to R(&)  
6 Bring L foot diagonally behind R and touch heel of R foot diagonally L (heel jack)  
& Switch the weight back to R  
7& Hitch L knee up and hop once to L(7), switch weight to L(&)  
8 Bring R foot diagonally behind L and touch heel of L foot diagonally R (heel jack)  
& Switch weight back to L

**[65-72] Two 1/2 turns, hitch heel Jack x2**

1,2 Step forward on R, half turn L placing weight on L.  
3,4 Step forward on R, half turn L placing weight on L  
5& Hitch R knee up and hop once to R(5), switch weight to R(&)  
6 Bring L foot diagonally behind R and touch heel of R foot diagonally L (heel jack)  
& Switch the weight back to R  
7& Hitch L knee up and hop once to L(7), switch weight to L(&)  
8 Bring R foot diagonally behind L and touch heel of L foot diagonally R (heel jack)  
& Switch weight back to L

**[73-76] Two 1/4 turns**

1,2 Step forward on the R, quarter turn L putting weight on L  
3,4 Step forward on the R, quarter turn L putting weight on L

**Repeat: At the start of wall 4 he sings Brown Chicken Brown Cow again. Start wall 4 with the hitch heel jacks (57-64) count 5& and finish the dance again. Then start from the beginning**

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