

# My Heroes Have Always Been Cowboys

**COPPER** KNOB  
STEPSHEETS

拍數: 0                      牆數: 4                      級數: Intermediate/Advanced waltz  
編舞者: John Wilson (UK)  
音樂: My Heroes Have Always Been Cowboys - Willie Nelson



Sequence: AAAA, BB, TAG 1, AAAA, BB, TAG 2

## PART A

### RIGHT TWINKLE, LEFT TWINKLE. STEP ½ TURN STEP TWICE

1-3                      Cross right foot over left, step left to side, step right together  
4-6                      Cross left foot over right, step right to side, step left together  
7-9                      Step forward on right, step forward on left pivot ½ turn right, step forward on right  
10-12                      Step forward on left, step forward on right pivot ½ turn left, step forward on left

### STEP LOCK STEP TWICE, STEP ¼ TURN, PIVOT ½ TURN, STEP, PIVOT ½ TURN SLIDE, HOLD

1-3                      Step diagonally to right with right foot, lock left behind right, step right diagonally to right  
4-6                      Step left foot diagonally to left, lock right behind, step left diagonally to left  
7-9                      Step right foot ¼ turn right, step forward on left pivot ½ turn right, step forward on right  
10-12                      Step forward on left foot pivot ½ turn right, slide right beside left, hold

## PART B:

### STEP SLIDE HOLD X 4

1-3                      Step out long diagonally on right foot making ¼ turn right, slide left beside right, hold (facing 3:00)  
4-6                      Step back diagonally on left making ¼ turn right, slide right beside left, hold. (facing 6:00)  
7-9                      Step out long diagonally on right foot making ¼ turn right, slide left beside right, hold (facing 9:00)  
10-12                      Step back diagonally on left making ¼ turn right, slide right beside left, hold (facing 12:00)

### TWINKLE STEP TWICE, CROSS STEP 1 ½ TURN, STEP SLIDE, HOLD

1-3                      Cross right foot over left, step left to the side, step right together  
4-6                      Cross left foot over right, step right to the side, step left together  
7-9                      Cross right over left, step left beside right making ¼ turn right, step right foot ¼ turn right to right side  
10-12                      Step left to left side, slide right beside left, hold

## TAG 1

### CROSSING TWINKLE TWICE

1-3                      Cross right over left, step left to the side, step right together  
4-6                      Cross left over right, step right to the side, step left together

## TAG 2

### TWINKLE STEP TWICE, CROSS STEP 1 ½ TURN, STEP SLIDE, HOLD

1-3                      Cross right foot over left, step left to the side, step right together  
4-6                      Cross left foot over right, step right to the side, step left together  
7-9                      Cross right over left, step left beside right making ¼ turn right, step right foot ¼ turn right to right side  
10-12                      Step left to left side, slide right beside left, hold

## BACK, BACK, CURTSY

- 1-3 Step back on right, slide left beside right, hold
  - 4-6 Step back on left, slide right beside left, hold
  - 7 Put right toe behind left foot, bend knees and slowly curtsy to end dance
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