

Cow**** On Our Boots (P)

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate partner dance
編舞者: Ulla Jespersen (DK)
音樂: 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
