

# Cowboy Man

**COPPER** **NOB**  
STEPSHEETS

拍數: 32      牆數: 2      級數: Beginner polka  
編舞者: Mona Arvidson (USA)  
音樂: Cowboy Man - Lyle Lovett



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## HEEL 2X RIGHT, COASTER STEP, HEEL 2X LEFT, COASTER STEP

1-2            Right heel forward twice  
3&4           Right back, left together, right forward  
5-6           Left heel forward twice  
7&8           Left back, right together, left side

## SAILOR SHUFFLE, SAILOR SHUFFLE ¼ TURN LEFT, GALLOPS RIGHT

9&10           Right cross behind left, left side, right side  
11&12          Left cross behind right, ¼ turn left, step side on right (face 9:00), left side  
13&14          Right side, left together, right side  
&15           Left together, right side  
&16           Left together, right side

## JAZZ BOX ¼ TURN, FORWARD BASIC 2X

17-20           Cross left over right, right back, ¼ turn left, step left (face 6:00), right forward  
21&22          Left forward, right together, left forward  
23&24          Right forward, left together, right forward

## CROSS STEP HEEL 2X, SKIPS BACKWARD

25&26          Cross left over right, right back at slight angle, left heel  
&27           Step left, cross right over left  
&28           Left back at slight angle, right heel  
29&30          Right back, hop back on right, left back  
&31           Hop back on left, right back  
&32           Hop back on right, left back

**REPEAT**

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