

Cow-Cow Boogie

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Easy Intermediate
編舞者: Lynda Summers (CAN) - July 2013
音樂: Cow-Cow Boogie - Ray Stevens



INTRO: 16 counts, facing back wall

MONTEREY (1/4 right), MONTEREY (1/4 left)

1,2 Touch R toe to right side, turn 1/4 right (R beside L). (9:00)
3,4 Touch L toe to left side, turn 1/4 left (L beside R). (6:00)

MONTEREY (1/2 right), POINT LEFT, TOGETHER

5,6 Touch R toe to right side, turn 1/2 right (R beside L). (12:00)
7,8 Touch L toe to left side, step L beside R.

ROCK FWD, RECOVER, COASTER STEP

1,2 Rock step R forward, recover onto L.
3&4 Step R back, step L beside R, step R forward.

HEEL JACKS, HEELS down

5& Touch L heel to left diagonal, step L beside R.
6& Touch R heel to right diagonal, step R beside L.
7 Touch L in front of R pivoting 1/4 right on both toes. (3:00)
8 Drop both heels down and clap.

TOE IN, HEEL IN, CHASSE RIGHT

1,2 Touch R toe beside L instep, touch R heel beside L instep.
3&4 Chasse side right (R-L-R).

HEEL FWD, TOGETHER, HEEL FWD, TOGETHER

5,6 Touch L heel to left fwd diagonal, step L beside R.
7,8 Touch R heel to right fwd diagonal, step R beside L.

ROCK FWD, RECOVER, COASTER STEP

1,2 Rock step L forward, recover onto R.
3&4 Step L back, step R beside L, step L forward.

KICK-BALL-CHANGE, KICK-BALL-CHANGE

5&6 Kick R forward, step on ball of R, step L beside R.
7&8 Repeat counts 5&6.

PIVOT TURN (1/4 left), PIVOT TURN (1/4 left)

1,2 Step R forward, pivot 1/4 left onto L. (12:00)
3,4 Repeat counts 1&2. (9:00)

CHASSE RIGHT, ROCK BACK, RECOVER

5&6 Chasse side right (R-L-R).
7,8 Rock step L behind R, recover onto R.

1/4 LEFT, 1/2 LEFT, COASTER STEP

1,2 Turn 1/4 left (L forward), turn 1/2 left (R back). (12:00)
3&4 Step L back, step R beside L, step L forward.

KICK, KICK, JUMP RIGHT-JUMP LEFT

5,6 Kick R forward twice.
&7&8 Jump R to side, touch L beside R, jump L to side, touch R beside L.

START DANCE AGAIN

SEQUENCE

wall 1 (6:00) - do full dance

wall 2 (12:00) - do full dance

wall 3 (6:00) - do up to count 12, add tag , then restart

wall 4 (12:00) - do up to count 32 (kick-ball-changes), then restart

* wall 4 changes the dance to the side walls

wall 5 (9:00) - do full dance

wall 6 (3:00) - do up to count 12, add tag, then restart

wall 7 (9:00) - for this last wall, do the following:

1-42 do as usual with no changes
43&44 turn 1/4 left on coaster step
45&46 chasse side right (R-L-R).
47,48 Touch R heel to left diag, hold & pose.
(left hand at waist, swing right arm high in small circles)

TAG – RESTART

On wall 5 and wall 6, add this tag after count 12:

1,2 Cross step L over R, step R back.

3&4 Triple step in place (L-R-L).

Then Restart from count 1.

OPTIONAL ENDING (wall 7)

On wall 7 do counts 1 to 32 (the 2 kick-ball-changes).

Then add:

Full turn right

1,2 Turn 1/4 right (R forward), turn 1/4 right (L forward).

3&4 Triple step (R-L-R) turning 1/2 right.

Full turn left

5,6 Turn 1/4 left (L forward), turn 1/4 left (R forward).

7&8 Triple step (L-R-L) turning 1/2 left.

Paddle turn (1/4 left), Paddle turn (1/4 left)

9,10 Step R forward, pivot 1/4 left onto L.

11,12 Repeat steps 9,10.

Chasse right, heel fwd, hold & pose

13&14 Chasse side right (R-L-R)

15,16 Touch L heel to left fwd diagonal, hold and pose.

(left hand at waist, swing right arm high in small circles)

Contact - Submitted by: austini36@yahoo.ca
