

ALL THE RIGHT MOOVES

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Count: — **Wall:** 4 **Level:** beginner

Choreographer: Peter Metelnick

Music: Cow Cow Girl by Ronnie Beard

Sequence: AAAB, AAAB, etc.

PART A - OUT TO PASTURE

This pattern is danced when facing front, left side, and back walls.

RIGHT, LEFT, RIGHT HEEL STEPS, LEFT HEEL TAP FORWARD TWICE

1-4 Touch right heel forward, step right foot together, touch left heel forward, step left foot together

5-8 Touch right heel forward, step right foot together, touch left heel forward twice

LEFT BACK, RIGHT CROSS OVER, LEFT SIDE ROCK & RECOVER, LEFT SAILOR SHUFFLE, 3 HITCH TURNS TURNING ½ LEFT

&1 Step left foot back, cross step right foot over left

2-3 Step left foot to left side and rock, recover weight on right foot

4&5 Cross step left foot behind right, step right foot to right side, step left foot slightly left

&6 Hitch right knee up and pivot slightly left on left foot, touch right foot down

&7&8 Repeat &6 twice

At the end of &6&7&8 you will have completed a ½ turn left with weight ending on left foot

VINE RIGHT 3, STEP LEFT TOGETHER, RIGHT SAILOR SHUFFLE, HEEL SWIVELS RIGHT & LEFT

1-2 Step right foot to right side, cross step left foot behind right

3-4 Step right foot to right side, step left foot together

5&6 Cross step right foot behind left, step left foot to left side, step right foot slightly to the right

Shift weight so that weight ends up on both feet

7-8 Swivel both heels to the right, swivel both heels to the left

HEEL SWIVEL RIGHT WITH $\frac{1}{4}$ LEFT, LEFT FORWARD SHUFFLE, RIGHT FORWARD, $\frac{1}{2}$ LEFT PIVOT TURN, WALK FORWARD 4

& Swivel both heels to the right, turning $\frac{1}{4}$ left and shift weight to right foot

Option -- lift left foot slightly off the floor

1&2 Step left foot forward, step right foot together, step left foot forward

3-4 Step right foot forward, pivot $\frac{1}{2}$ left

5-8 Walk forward right, left, right, left

PART B - BACK TO THE BARN

This pattern is danced when facing right side wall. You will end up facing front wall ready to start Part A.

RIGHT FORWARD SHUFFLE, LEFT FORWARD, $\frac{1}{2}$ RIGHT PIVOT TURN, LEFT FORWARD SHUFFLE, RIGHT FORWARD, START OF $\frac{3}{4}$ TURN LEFT

1&2 Step right foot forward, step left foot together, step right foot forward

3-4 Step left foot forward, pivot $\frac{1}{2}$ turn right

5&6 Step left foot forward, step right foot together, step left foot forward

7-8 Step right foot forward, pivot $\frac{1}{2}$ turn left

Weight ends on left foot

COMPLETION OF $\frac{3}{4}$ TURN LEFT, HOLD, 4 RIGHT HEEL LIFTS

1 Pivot $\frac{1}{4}$ left on left foot and stomp right foot together

Weight remains on the left foot. You should now be facing the front wall

2-4 Hold

&5&6 Raise right heel off the floor, lower right heel to the floor, repeat &5

&7&8 Repeat &5&6

Weight remains on left foot