

# SOW'N OATS

LINEDANCE.COM

**Count:** 64

**Wall:** 4

**Level:** intermediate

**Choreographer:** Peter Fry

**Music:** Cotton Pickin' Time by Blake Shelton

- &1&** Step right to right side and tilt head to right, step left in place and tilt head to left tilt head right
- 2&3** Tilt head left, shimmy right shoulder back & left shoulder forward, shimmy left shoulder back & right shoulder forward
- &4** Shimmy right shoulder back & left shoulder forward, shimmy left shoulder back & right forward
- &5&6-7-8** Bounce right hip up, down, up, down, kick right to right side, kick right to right side
- 1&2-3&** Step right behind left, step left to left side, step right in place, step left behind right, step right to right side
- 4-5-6** Step left in place, step right behind left, make  $\frac{1}{4}$  turn left & step left forward
- 7-8** Step right forward making a full turn left on ball of right foot, step left forward
- &1-2-3** Step right to right side, step left in place, kick right across in front of left, make  $\frac{1}{4}$  turn right & touch right toe forward
- 4-5-6** Drop heel & take weight onto right foot, step left forward, pivot  $\frac{1}{2}$  turn right
- 7-8** Step left forward, touch right beside left
- &1-2-3-4** Replace weight onto right, step left forward, step right to right side, replace weight onto left, step right behind left
- 5-6-7** Touch left to left side, make  $\frac{1}{4}$  turn left & hook left heel in front of right shin, step left forward
- &8** Lock right behind left, step left forward

**&1&2&3** Scoot back on left, step right forward, scoot back on right, step left forward, scoot back on left, step right forward

**&4** Scoot back on right, step left forward

### **Restart from here on walls 2 and 4**

**&5&** Hitch right knee, step right forward to right 45, lock left behind right

**6&7&8** Step right forward to right 45, hitch left knee, step left forward to left 45, lock right behind left, step left forward to left 45

**&1-2-3** Step right beside left, step left forward, replace weight back onto right, make  $\frac{1}{4}$  turn left & step left to left side

**4-5-6** Cross right over in front of left, make  $\frac{1}{4}$  turn right & step left back, make  $\frac{1}{2}$  turn right & step right forward

**7&8** Make  $\frac{1}{4}$  turn right & step left to left side, step right together, make  $\frac{1}{4}$  turn right & step left back

**&1&2** Step right back to right 45, touch left heel forward to left 45, replace weight back onto left, step right beside left

**&3&4** Step left back to left 45, touch right heel forward to right 45, step forward on right, touch left beside right

**&5&6** Step left to left side, step right to right side, step left beside right, cross right over in front of left

**7-8** Unwind  $\frac{1}{2}$  turn left (end with weight on right foot), clap hands together

**&1&2&** Scoot back on right, touch left toe back, scoot back on right, touch left heel forward, scoot back on right

**3&4&5** Step left back, step right together, step left back, scoot back on left, touch right toe back

**&6&7-8** Scoot back on left, touch right heel forward, scoot back on left, step right back, step left together

**REPEAT**

## RESTART

**On walls 2 & 4 dance the first 36 counts and restart dance**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=40070](https://www.linedance.com/index.php?f=dance_view&id=40070)