

ROCK 'N' ROLL COWBOY

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Count: 64

Wall: 2

Level: beginner/intermediate

Choreographer: Michele Burton & Michael Barr

Music: Cowboys Like A Little Rock & Roll by Chris LeDoux

After the heavy guitar licks, start on the vocals, "even cowboys like a little rock & roll"

WALK, HOLD, WALK, HOLD - LOCK STEP FORWARD, HOLD

1-4 Step left forward, hold, step right forward, hold

5-8 Step left forward, step right forward crossing behind left (lock), step left forward, hold

STEP SIDE WITH HIP SWAY, HOLD, SWAY, HOLD - SWAY, SWAY, TOUCH, HOLD,

1-4 Step right side right swaying hips right, hold, sway hips left, hold

5-8 Sway hips right, sway hips left, touch right toe to floor in place with bent knee, hold

MODIFIED JAZZ BOX WITH ¼ TURN LEFT

1-4 Step right side right, hold, step left foot across in front of right, hold

5-8 Step right back, turn ¼ left stepping side left, step right forward, hold

SUGAR FOOT STEPS X 3

1-3 Touch left toe near instep of right, touch left heel near instep of right, step left forward in front of right

4-6 Touch right toe near instep of left, touch right heel near instep of left, step right forward in front of left

7-8 Touch left toe near instep of right, touch left heel near instep of right

CROSS, HOLD, ¼ RIGHT, HOLD - CROSS, SIDE, CROSS, HOLD

1-4 Step left crossing in front of right, hold, push off left into a ¼ turn right stepping right foot side right, hold

5-8 Step left crossing in front of right, step right side right, step left crossing in front of right, hold

PRESS, HOLD, RELEASE, HOLD - BEHIND, SIDE, TOGETHER, HOLD

1-2 Press ball of right side right, hold

3-4 Return weight to left foot (point right toe side right, slightly off the floor), hold

5-8 Step right crossing behind left, step left side left (or low leap to the left), step right together, hold

SWIVELS LEFT & CLAP - SWIVELS RIGHT & CLAP

1-4 Swivel heels to the left, swivel toes to the left, swivel heels to the left, hold & clap

5-8 Swivel heels to the right, swivel toes to the right, swivel heels center, hold & clap (shift weight left)

FORWARD, HOLD, ½ PIVOT, HOLD - FORWARD WITH SHIMMIES, LIFT

1-4 Step right forward, hold, ½ pivot left (shift weight left), hold

5-8 Step right forward and shimmy for counts 5-6-7

8 Lift left knee up (tuck left foot next to right calf)

REPEAT

ENDING

Counts 1-8 are the same. The music will slow just a bit during the next 14 counts. Here you will do 6 hip sways (2 counts each) starting to your right and ending with your left (12 counts in all). With weight on left pretend you have a hat on and bring the left arm/hand around to the brim and pull down as you nod your head, matching the hit in the music (counts 13-14&). The tempo returns so continue the dance from that point with the jazz box section (count 17) to the cross-side-cross, hold (count 40). On last cross step (count 7) bring arms up into a high 'V'. Ta-Dah!

Rock 'n' Roll Cowboy has been choreographed specially for the 10th Anniversary Crazy Country Dance Festival, hosted by Nagoya C/W Dance Fans "Crazy Feet" Nagoya Japan