

COWBOY MAN

Choreographed by Mona Arvidson

Description: 32 count, 2 wall, Lilt (Polka)

Level: Newcomer

Music: 'Cowboy Man' by Lyle Lovett (P- to 120 BPM)

Official UCWDC competition dance description
Date of usage 15 March 2008

1-8: HEEL 2x RIGHT, COASTER STEP, HEEL 2x LEFT, COASTER STEP

- 1 Touch Right heel forward
- 2 Touch Right heel forward
- 3 Step back on RF
- & Step LF together
- 4 Step forward on RF
- 5 Touch Left heel forward
- 6 Touch Left heel forward
- 7 Step back on LF
- & Step RF together
- 8 Step to left on LF

9-16: SAILOR STEP, SAILOR STEP 1/4T LEFT, GALLOPS RIGHT

- 1 Cross RF behind LF
- & Step LF to left
- 2 Step RF to right
- 3 Cross LF behind RF
- & 1/4T left and step RF to right (face 9:00)
- 4 Step LF to left
- 5 Step RF to right
- & Step LF together
- 6 Step RF to right
- & Step LF together
- 7 Step RF to right
- & Step LF together
- 8 Step RF to right

17-24: Jazz box 1/4T, FORWARD BASIC 2x

- 1 Cross LF over RF
- 2 Step RF back
- 3 1/4T left and LF step to left (face 6:00)
- 4 Step forward on RF
- 5 Step LF forward
- & Step RF together
- 6 Step LF forward
- 7 Step RF forward
- & Step LF together
- 8 Step RF forward

25-32: CROSS STEP HEEL 2x, SKIPS BACKWARD

- 1 Cross LF over RF
- & Step RF back at slight angle
- 2 Touch left heel forward
- & Step LF together
- 3 Cross RF over LF
- & Step LF back at slight angle
- 4 Touch Right heel forward
- 5 Step RF back
- & Hop back on RF
- 6 Step LF back
- & Hop back on LF
- 7 Step RF back
- & Hop back on RF
- 8 Step LF back