

Irish Cowboy

40 Count, 2 Wall, Improver

Choreographer: Adrian Helliker (FR) Aug 2011

Choreographed to: I'm The Irish Cowboy by Travers

"Tex" Hammond, CD: The Irish Cowboy

Start on lyrics

1 CROSS ROCK RIGHT, SHUFFLE, CROSS ROCK LEFT, SHUFFLE WITH ¼ TURN

1-2 Cross rock right over left, recover on left

3&4 Step right to right side, step left next to right, step right to right side

5-6 Cross rock left over right, recover on right

7&8 Step left to left side, step right next to left, make ¼ turn left stepping forward on left

2 SIDE, BEHIND, ¼ TURN RIGHT, SHUFFLE, ½ TURN RIGHT, SHUFFLE

1-2 Step right to right side, left behind right

3&4 Step right to right with ¼ turn to right, left lock behind right, right forward

5-6 Step left forward making ½ turn right on right foot

7&8 Left foot forward, lock right behind left, left forward taking weight on left

3 HEEL, TOGETHER, POINT, TOGETHER, HEEL, TOGETHER, POINT, HEEL, TOGETHER, POINT, TOGETHER, HEEL, TOGETHER, POINT

1&2& Right heel forward, right beside left, point left beside right, left beside right

3&4 Right heel forward, right beside left, point left beside right

5&6& Left heel forward, left beside right, point right beside left, right beside left

7&8 Left heel forward, left beside right, point right beside left

4 SAILOR STEP RIGHT, SAILOR CROSS STEP LEFT, SHUFFLE FORWARD RIGHT, LEFT

1&2 Right foot cross behind left, left foot beside right, step right to right side

3&4 Left foot cross behind right, right foot beside left, step left across front of right

5&6 Right foot forward, left beside right, right forward

7&8 Left foot forward, right beside left, left forward

5 POINT, TOGETHER, HEEL CROSS, TOGETHER, POINT, TOGETHER, HEEL CROSS, TOGETHER, SCUFF, HITCH, STOMP, HEEL, TOGETHER, POINT

1&2& Point right beside left, right beside left, cross left heel in front of right, left beside right

3&4& Point right beside left, right beside left, cross left heel in front of right, left beside right

5&6 Scuff right forward, hitch right, stomp right beside left

7&8 Left heel forward, left beside right, point right beside left

TAG: after 4th wall:

1&2 Left heel forward, left beside right, point right beside left

ENDING after 9th wall (last wall):

1-2 Cross rock right over left, Recover on left

3&4 Step right to right, step left next to right, step right to right side

5-6 Step left forward making ½ turn right on right foot to face front wall

7-8 Step forward on left with both arms out to sides, hold

This dance is dedicated to Travers 'Tex' Hammond who sadly passed away in June 2011

Music download available from iTunes