



Lonely Cowboy Waltz

54 Count, 4 Wall, Advanced

Choreographer: Tara Conaghan & Michael Greasby (UK) Mar 2019

Choreographed to: Mammás Don't Let Your Babies Grow Up To Be Cowboys by Willie Nelson and Waylon Jennings

1-2-3	Rock out onto L foot, recover weight onto R and hold		
4-5-6	Sweep L foot into a ¼ turning coaster step – back together forward	Q	
7-8-9	R lock step forward – forward together forward	Q	
&10-11-12	2 half pivots to R – step L forward, pivot R and repeat		9 o' clock
1-2-3	Rock out onto L foot, recover weight onto R and hold		
4-5-6	Sailor half turn over L shoulder, leaving L foot over R	Q	
7-8 & 9	Stepping to R on a side behind and cross, leaving L foot over R	Q	
10-11-12	Sweep R forward, sweep L forward, sweep R forward		3 o'clock
1-2-3	Rock out onto L foot, recover weight onto R and hold		
4-5-6	L shuffle forward – L together L	Q	
7-8-9	R shuffle forward - R together R	Q	
10-11-12	A rolling 1¼ turn L - half turn L, half turn R, ¼ turn L		12 o' clock
1-2-3	Rock out onto R foot, recover weight onto L and rock out onto R		
4-5-6	L diagonal lock step back – back lock back	Q	
7-8-9	R diagonal lock step back – back lock back	Q	
10-11-12	Rock back on L foot, hold, recover weight on R		12 o'clock
1-2-3	Triple ¾ turn to R with a cross – half on L foot, ¼ on R, crossing L over R	Q	
4-5-6	Stepping R, sway R, L, R		9 o'clock

Choreographers' notes: At the end of the second wall after the sways, hold a beat, and sway to finish on your final wall.

In interpreting the music, we have taken some artistic license with the traditional timing.

The sections marked with a Q are 'squeezed' counts and *must* be performed quickly.

Enjoy!

***Dedicated to Julie Lacey – dance mentor and best friend.**

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