



# Mammas Don't Let Your Babies Grow Up To Be Cowboys

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32 Count 4 Wall High Beginner Level Dance.  
Choreographed by: Dag Alexander Wien (NOR) Mar 2021  
Choreographed to: Mammas Don't Let Your Babies Grow Up To Be  
Cowboys by Lucas Nelson & Shooter Jennings  
Intro: 32 Counts. Start on vocal at approx 20 secs.

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**SEC 1 TWO DOROTHY STEPS FWD, ROCK-RECOVER, TURN ¼ R STEP, TOUCH**

1-2& Step RF R diag fwd, step LF together, step RF R diag fwd  
3-4& Step LF L diag fwd, step RF together, step LF L diag fwd  
5-6 Step RF fwd, change weight back to LF  
7-8 Turn ¼ R & step RF to R, touch LF beside RF (3:00)

**SEC 2 STEP, HOLD, TOGETHER, STEP, TOUCH X 2**

1-2&3-4 Step LF to L, hold, step RF beside LF, step LF to L, touch RF beside LF  
5-6&7-8 Step RF to R, hold, step LF beside RF, step RF to R, touch LF beside RF

**SEC 3 JAZZBOX W/ CROSS, TURN ¼ R STEP, STEP, CROSS ROCK-RECOVER**

1-4 Step LF in front of RF, step back on RF, step LF to L, step RF in front of LF  
5-8 Turn ¼ R & step LF back, step RF to R, step LF in front of RF, change weight back to RF (6:00)

**SEC 4 TURN ¼ L STEP, TOUCH, STEP, TOUCH, ROCK-RECOVER, COASTER CROSS**

1-2 Turn ¼ L & step LF fwd, touch RF beside LF (3:00)  
3-4 Step RF fwd, touch LF beside RF  
5-6 Step LF fwd, change weight back to RF,  
7&8 Step back on LF, step RF together, step LF in front of RF

**Tag** After Walls 3 and 8

**2 WALKS FORWARD**

1-2 Walk fwd RF, LF

