

Cheyenne Woman

48 Count, Improver, Polka, Partner/Circle
Choreographer: Arne Stakkestad (Aug 2007)
Choreographed to: Be My Cheyenne Woman by
Rene Guylaine; Jackson by Johnny Cash & June
Carter

Position: Man inside of circle, facing lady. Man's right hand on lady's hip.
Lady's left hand on man's right shoulder. Man's left hand in lady's right hand at shoulder level

SIDE TOE STRUT, CROSS TOE STRUT TWICE

- 1-8 MAN: Step left toe to side, drop left heel, cross right toe over left, drop right heel,
step left toe to side, drop left heel, cross right toe over left, drop right heel
LADY: Step right toe to side, drop right heel, cross left toe over right, drop left heel,
step right toe to side, drop right heel, cross left toe over right, drop left heel

¼ TURN AND SHUFFLE X 4 (FULL TURN)

- 9&10 MAN: Turn ¼ left and shuffle forward left, right, left
LADY: Turn ¼ right and shuffle forward right, left, right
Man's left arm in front. Lady's right arm in front
- 11&12 MAN: Turn ¼ left and shuffle side right, left, right
LADY: Turn ¼ right and shuffle side left, right, left
Hands loose
- 13&14 MAN: Turn ¼ left and shuffle back left, right, left
LADY: Turn ¼ right and shuffle back right, left, right
- 15&16 MAN: Turn ¼ left and shuffle side right, left, right
LADY: Turn ¼ right and shuffle side left, right, left
Back in start position

DIAGONAL SHUFFLES X 4

- 17&18 MAN: Shuffle diagonally forward left, right, left
LADY: Shuffle diagonally back right, left, right
- 19&20 MAN: Shuffle diagonally forward right, left, right
LADY: Shuffle diagonally back left, right, left
- 21&22 MAN: Shuffle diagonally back right, left, right
LADY: Shuffle diagonally forward right, left, right
- 23&24 MAN: Shuffle diagonally back left, right, left
LADY: Shuffle diagonally forward left, right, left

SIDE STEP, KICK, SIDE STEP, KICK, ROCKING CHAIR

- 25-26 MAN: Step left to side, kick right diagonally forward
LADY: Step right to side, kick left forward (between man's legs)
Clap lady's right hand to man's right hand
- 27-28 MAN: Step right to side, kick left diagonally forward
LADY: Step left to side, right kick forward (between man's legs)
Clap lady's left hand to man's left hand
- 29-32 MAN: Rock left forward, recover to right, rock left back, recover to right
LADY: Rock right back, recover to left, rock right forward, recover to left

WALK FULL TURN SIDE BY SIDE, SIDE SHUFFLES

- 33-36 MAN: Step left forward (man's right shoulder against lady's right shoulder),
turn ¼ right and step right forward, turn ¼ right and step left forward,
turn ¼ right and step right forward
LADY: Step right forward (lady's right shoulder to man's right shoulder),
turn ¼ right and step left forward, turn ¼ right and step right forward,
turn ¼ right and step left forward
- 37&38-39&40 MAN: Turn ¼ right (back in start position) and shuffle to side left,
right, left, shuffle to side right, left, right
LADY: Turn ¼ right (back in start position) and shuffle to side right, left,
right, shuffle to side left, right, left

SHUFFLE ½ TURN X 4, MOVE FORWARD IN LINE OF DANCE (POLKA TURNS AROUND EACH OTHER)

- 41&42 MAN: Shuffle forward turning ½ right stepping left, right, left
LADY: Shuffle forward turning ½ right stepping right, left, right
- 43&44 MAN: Turn ½ right and shuffle forward right, left, right
LADY: Turn ½ right and shuffle forward left, right, left
- 45&46 MAN: Turn ½ right and shuffle forward left, right, left
LADY: Turn ½ right and shuffle forward right, left, right
- 47&48 MAN: Turn ½ right and shuffle forward right, left, right
LADY: Turn ½ right and shuffle forward left, right, left
-

During those shuffles you move toward LOD and dance around each other
Turn ½ right (back in start position) to restart the dance

ENDING

At the end of the song, after the toe struts (counts 1-8) there is 1 count left
¼ turn and step forward and touch left arm man and right arm lady forwards

Linedancer Magazine, 166 Lord Street, Southport, United Kingdom, PR9 0QA
Tel: +44 (0)1704 392300 Fax: +44 (0)1704 501678