



Cowboy Friends (Waltzolk)

82 Count 4 Wall Phrased Intermediate Level Dance.
Choreographed by: Alison Metelnick (UK) & Peter Metelnick (UK) Nov 2024
Choreographed to: Cowboy Friends by Ella Langley
Intro: 12 Counts. Start at approx 7 secs.

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Sequence: A, B, B (32 Counts), B, B, A, B, B (16 counts), Ending

Part A

SEC 1 TWINKLE, TWINKLE, ¼ TWINKLE, BALANCE BACK

- 1-3 Cross step L over R, step R side, step L together
- 4-6 Cross step R over L, step L side, step R together
- 1-3 Cross step L over R, step R side, turning ¼ left step L back
- 4-6 Step R back, step L together, step R slightly forward (9:00)

SEC 2 ½ BALANCE STEP, BALANCE BACK, TWINKLE, TWINKLE

- 1-3 Step L forward, turning ½ left step R back, step L back (3:00)
- 4-6 Step R back, step L together, step R slightly forward
- 1-3 Cross step L over R, step R side, step L slightly forward
- 4-6 Cross step R over L, step L side, step R slightly forward

SEC 3 ¾ WALTZ DIAMOND

- 1-3 Turn ⅛ right step L forward, step R together, L together (4:30)
- 4-6 Turn ¼ left step R back, step L together, step R together (1:30)
- 1-3 Turn ¼ left step L forward, step R together, step L together (7:30)
- 4-6 Turn ¼ left step R back, step L together, turn ⅛ left step R to side (6:00)

SEC 4 CROSS OVER, ½ HINGE TURN, TWINKLE, EXTENDED WEAVE WITH POINT R TO R SIDE

- 1-3 Cross step L over R, turning ¼ left step R back, turning ¼ left step L side (12:00)
- 4-6 Cross step R over L, step L side, step R together
- 1-3 Cross step L over R, step R side, cross step L behind R
- 4-6 Step R side, cross step L over R, point R side

Part B

SEC 1 CHASSÉ, BACK ROCK, SIDE, SAILOR KICK, BALL CROSS

- 1&2 Step R side, step L together, step R side
- 3-4 Rock L back, recover weight on R
- 5 Step L side
- 6&7 Cross step R behind L, step L side, R low kick forward
- &8 Step R back, cross step L over R

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SEC 2 SIDE ¾ HITCH, FWD, SHUFFLE, ROCK, COASTER CROSS

- 1-2 Step R side turning ¾ L hitching up L knee (3:00)), step L forward
- 3&4 Step R forward, step L together, step R forward
- 5-6 Rock L forward, recover weight on R
- 7&8 Step L back, step R together, cross step L over R

SEC 3 BACK, HEEL FWD, HOLD, BACK, VAUDEVILLE, BALL CROSS, SIDE, WEAVE

- &1-2 Step R back, touch L heel forward, hold
- &3&4 Step L back, cross step R over L, step L back, touch R heel forward
- &5-6 Step R back, cross step L over R, step R side
- 7&8 Cross step L behind R, step R side, cross step L over R

SEC 4 SIDE ROCK, WEAVE, SIDE ROCK, ½ COASTER STEP

- 1-2 Rock R side, recover weight on L
- 3&4 Cross step R behind L, step L side, cross R over L
- 5-6 Rock L side, recover weight on R
- 7&8 Turning ½ left step L back, step R together, step L forward (9:00)

SEC 5 STOMP, STOMP

- 1-2 Stomp R forward, step L forward

Note After 4 walls of the polka, Add the following before returning to Waltz

SIDE, POINT, HOLD

- 1-3 Step R side, point L side, hold

Ending After 16 counts of Last Part B

BACK, HEEL, HOLD, BACK, TOUCH, HOLD

- &1-2 Step R back, touch heel forward, hold
- &3-4 Step L back, touch R together, HOLD

