

## Cowboy Polka

32 count, 4 wall, intermediate level

Choreographer: Nancy A. Morgan (USA)

Choreographed to: Cowboy Sweetheart by LeAnn

Rimes CD: Unchained Melody, The Early Years,  
(131bpm)

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### **TWO SHUFFLE FORWARDS, FORWARD ROCK, STEP BACK, ROTATE ON BALL OF FOOT ½ TURN AS YOU CROSS RIGHT OVER LEFT**

- 1&2 Shuffle Forward Right -- Right, Left, Right  
3&4 Shuffle Forward Left -- Left, Right, Left  
5,6 Rock/Step forward on Right and return Left  
7,8 Step back on Right toe, pivot ½ turn to your Left as you cross your Left over your Right ankle

### **SHUFFLE FORWARD, TWO KICK-BALL-CHANGES, ½ TURN PIVOT**

- 1&2 Shuffle Forward Left -- Left, Right, Left  
3&4 Kick-Ball-Change – Kick Right foot forward, step Right next to Left as you pick up Left off floor, Step Left next to Right  
5&6 Kick-Ball-Change – Kick Right foot forward, step Right next to Left as you pick up Left off floor, Step Left next to Right  
7,8 Step forward on Right, pivot ½ turn to your Left (Weight is on Left)

### **SHUFFLE FORWARD, STEP BACK ¼ TURN RIGHT, STEP FORWARD ½ TURN RIGHT, CROSS SHUFFLE, SIDE ROCK**

- 1&2 Shuffle Forward Right -- Right, Left, Right  
3 Step back on Left as you turn ½ turn to your Right  
4 Step forward on Right ½ turn to your Right  
5&6 Cross Shuffle Left -- Cross Left over Right, step Right to Right side, Cross Left over Right  
7,8 Side Rock -- Rock/Step Right foot out to Right side and step Left foot slightly forward and to Left side

### **STEP BEHIND, STEP, STEP FORWARD, ½ TURN, FORWARD ROCK, COASTER STEP**

- 1&2 Step Right behind Left, Step Left to Left side, step Right foot forward  
3,4 Step forward on Left, Pivot ½ turn to Right (weight is on Right)  
5,6 Rock/Step forward on Left and return on Right (weight is on Right)  
7&8 Coaster Step -- Step back on Left, step back on Right, step forward on Left

### **START OVER!**

Alternative Music:

Timber, I'm Falling in Love by Patty Loveless **CD: Toe The Line 4 or Greatest Hits or Honky Tonk Angel, 132 BPM**

I am Just A Rebel by Confederate Railroad, **CD: Rockin Country Party, BPM**

Bill's Laundromat, Bar and Grill by Confederate Railroad, **CD: Rockin Country Party, BPM**

Trashy Woman (Club Mix) by Confederate Railroad, **CD: Rockin Country Party, BPM**