

# THE COW DANCE

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**Count:** —                      **Wall:** 2                      **Level:** beginner/intermediate

**Choreographer:** The Girls (Maureen & Michelle Jones)

**Music:** How Your Love Makes Me Feel by Magill

**Sequence:**AAB, 1-16 of A, AAB, A, 17-32 of A, B, 1-16 of A, B plus 4 counts, A to end

## PART A

### ROCK, ½ TURN SHUFFLE, ROCK, COASTER

- 1-2            Rock forward on right, recover back on left
- 3&4           Making ½ turn right shuffle on right, left, right
- 5-6           Rock forward on left, recover back on right
- 7&8           Step back on left, step right beside left, step left forward
- 9-16          Repeat step 1-8

### LOCK STEP, LOCK SHUFFLE, ½ PIVOT, SHUFFLE

- 17-18        Step forward on right, lock step left behind right
- 19&20       Lock shuffle forward on right, lock left, right
- 21-22        Step forward on left, pivot ½ turn right
- 23&24        Shuffle forward on left, right, left

### OUT-OUT, CLAP, IN-IN, CLAP, WALKS

- &25-26       Step right out to right, step left out to left, hold and clap
- &27-28       Step right in to center, step left beside right, hold and clap
- 29-32        Four strong walks forward on right, left, right, left

**Emphasize "marches" by swinging arms at sides**

## PART B

### STOMPS, HOLDS

- 1-2            Stomp right forward, stomp left beside right
- 3-4            Hold for 2 counts

**During last repetition of Part B add the following 4 counts immediately after steps 1-4 of Part B and then continue from steps &5-6 of Part B:**

**Beginning slightly stooped and slowly straightening body to stand tall, rotate arms in front of body ("roly poly" style) for 4 counts)**

### **OUT-OUT, HOLD, IN-IN, HOLD, RIGHT-CLOSE, HOLD, HEEL STAND**

- &5-6** Step right out to right, step left out to left, hold
- &7-8** Step right in to center, step left beside right, hold
- &9-10** Step right to right, step left beside right, hold
- 11-12** Rock back onto both heels by raising toes, drop toes to floor

#### **Arms**

- &5-6** Push both arms straight forward
- &7-8** Palms together

#### **Make pillow by face**

- 11-12** Hold steering wheel in front of body

### **ROCK WITH HOLDS, BOOGIE WALKS**

- 13-14** Rock diagonally forward right on right, hold
- 15-16** Recover on left, hold
- 17-20** Four boogie walks forward on right, left, right, left

#### **Arms**

- 13-14** Grab ice-cream with right hand
- 14-16** Lick ice-cream
- 17-20** Drive car-steer right, left, right, left

### **ROCK, COASTER, ROCK, COASTER**

- 21-22** Rock forward on right, recover back on left
- 23&24** Step back on right, step left beside right, step forward on right
- 25-26** Rock forward on left, recover back on right
- 27&28** Step back on left, step right beside left, step forward on left

## SHUFFLES, WALK BACK

29&30 Shuffle forward on right, left, right

31&32 Shuffle forward on left, right, left

33-36 Walk back on right, left, right, left

### Arms

29-32 Stretch open arms up

### Towards Magill

33-36 Hug yourself-arms crossed over body

## OUT-OUT, HOLD, IN-IN, HOLD, LEFT, DRAG

&37-38 Step right out to right, step left out to left, hold

&39-40 Step right in to center, step left beside right, hold

41-44 Make large step left to left (bend knees), drag right to touch beside left over 3 counts (straighten legs)

### Arms

&37-44 Make horns at either side of head

## VINE, ½ PIVOTS

45-46 Step right to right, step left behind right

47-48 Step right to right, touch left beside right

49-50 Step forward on left, pivot ½ turn right

51-52 Step forward on left, pivot ½ turn right

### Arms

45-48 Hands cover heart, pump in & out

49-52 Arms in air, shake hands to show fear

## VINE, ½ PIVOTS

53-54 Step left to left, step right behind left

55-56 Step left to left, touch right beside left

57-58 Step forward on right, pivot ½ turn left

**59-60** Step forward on right, pivot ½ turn left

**Arms**

**53-56** Laugh-both hands on stomach

**57-58** Hold head, stoop & cry

**SHUFFLES, WALK BACK**

**61&62** Shuffle forward on right, left, right

**63&64** Shuffle forward on left, right left

**65-68** Walk back on right, left, right, left

**Arms**

**61-64** Stretch open arms up

**Towards Magill**

**65-68** Hug yourself-arms crossed over body