

PAMPA COWBOY

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Count: 72

Wall: 2

Level: intermediate

Choreographer: Trinity Chan

Music: Pampa Cowboy by Victoria Boland

Start on vocals after 16 counts intro

VINE TO THE LEFT ENDING WITH A SCUFF, VINE TO THE RIGHT ENDING WITH A SCUFF

- 1 Step left foot to left side
- 2 Cross right behind left
- 3 Step left foot to left side
- 4 Scuff with the right foot
- 5 Step right foot to right side
- 6 Cross left behind right
- 7 Step right foot to right side
- 8 Scuff with the left foot

ROCK STEPS, SHUFFLE BACK, ROCK STEP, SHUFFLE FORWARD

- 1 Rock forward on left
- 2 Rock back onto right
- 3 Step back on left
- & Step back on ball of right next to left
- 4 Step slightly back on left
- 5 Rock back on right
- 6 Rock forward on left
- 7 Step forward on right
- & Step forward on ball of left next to right
- 8 Step forward on right

ROCK TO LEFT SIDE, RECOVER $\frac{1}{4}$ TURN RIGHT, ROCK AND ROCK, STEP AND PIVOT $\frac{1}{2}$ TURN LEFT, ROCK AND ROCK

- 1 Rock to the left

- 2 Recover to the right with $\frac{1}{4}$ turn right (facing 3:00)
- 3 Rock forward on left
- & Recover onto right
- 4 Rock forward onto left
- 5 Step right forward
- 6 Pivot $\frac{1}{2}$ turn left, weight on left foot (facing 9:00)
- 7 Rock forward on right
- & Recover on left
- 8 Rock forward on right

ROCK STEPS, $\frac{1}{2}$ TURN TRIPLE, RODEO KICK WITH RIGHT SAILOR $\frac{1}{4}$ TURN RIGHT

- 1 Rock forward on left
- 2 Rock back on right
- 3 On the spot triple step $\frac{1}{2}$ turn left, left (facing 3:00)
- & Right
- 4 Left
- 5 Kick right foot forward
- 6 Kick right foot to the side
- 7 Cross right behind left
- & Rock left to left
- 8 Rock weight to right turning $\frac{1}{4}$ turn right (facing 6:00)

DWIGHT SWIVELS LEFT, DWIGHT SWIVELS RIGHT

- 1 Touch left toe to right instep swiveling heels to left
- 2 Touch left heel to right instep swiveling toes to left
- 3 Touch left toe to right instep swiveling heels to left
- 4 Touch left heel to right instep swiveling toes to left
- 5 Touch right toe to left instep swiveling heels to right
- 6 Touch right heel to left instep swiveling toes to right
- 7 Touch right toe to left instep swiveling heels to right
- 8 Touch right heel to left instep swiveling toes to right

DWIGHT SWIVELS LEFT, DWIGHT SWIVELS RIGHT

1-8 Repeat steps 1-8 as above

CROSS RIGHT FEET IN FRONT OF LEFT, TWIST BODY $\frac{1}{4}$ TURN LEFT, CROSS LEFT FOOT IN FRONT OF RIGHT FOOT. REPEAT 4 TIMES TO COMPLETE A FULL TURN

- 1** Cross right foot in front of left foot, twisting body $\frac{1}{4}$ turn left
- 2** Cross left foot in front of right foot
- 3** Cross right foot in front of left foot twisting body $\frac{1}{4}$ turn left
- 4** Cross left foot in front of right foot. (you have just completed a $\frac{1}{2}$ turn left)
- 5** Cross right foot in front of left foot twisting body $\frac{1}{4}$ turn left
- 6** Cross left foot in front of right foot
- 7** Cross right foot in front of left foot twisting body $\frac{1}{4}$ turn left
- 8** Cross left foot in front of right foot. (you have now completed a full turn)

Bend knees slightly when making cross steps and also twist those hips when crossing

1-8 Repeat steps 1-8 as above

Make a quick transfer of weight to right foot after the 8th count

WALK FORWARD LEFT, RIGHT, LEFT AND HITCH RIGHT KNEE UP. WALK BACK RIGHT, LEFT, RIGHT AND HITCH LEFT KNEE UP

- 1** Walk forward left
- 2** Walk forward right
- 3** Walk forward left
- 4** Hitch right knee up
- 5** Walk back right
- 6** Walk back left
- 7** Walk back right
- 8** Hitch left knee up

REPEAT

ENDING

After the 3rd wall you will be facing 6:00

- 1 Make a quick $\frac{1}{2}$ turn right to face front wall. Walk forward left.
- 2 Walk forward right
- 3 Walk forward left
- 4 Hitch right knee up
- 5 Walk back right
- 6 Walk back left
- 7 Walk back right
- 8 Hitch left knee up

Spread your arms out and pose!