

# Cowboy Swingin'

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**Count:** 32

**Wall:** 2

**Level:** Beginner

**Choreographer:** Knox Rhine

**Music:** Swingin' With The Cowboys/ George Lee Jr. & The Crazyed Cowboys (96 BPM)

**Or: Swingin' / John Anderson**

**8 Count intro, start with vocals**

**BUMP HIPS TO THE LEFT,**

- 1 Step left with LEFT foot bumping hips left
- & Relax
- 2 Bump hips left
- & Relax
- 3 Bump hips left
- & Relax
- 4 Bump hips left, transfer weight to LEFT foot

**BUMP HIPS TO THE RIGHT**

- & Lift RIGHT foot
- 5 Step to right side with RIGHT foot, bumping hips right
- & Relax
- 6 Bump hips right
- & Relax
- 7 Bump hips right
- & Relax
- 8 Bump hips right, transfer weight to RIGHT foot

**1 1/4 PADDLE TURN RIGHT**

- & Lift LEFT toe slightly
- 9 Tap/push LEFT toe to left side & pivot 1/4 turn right on ball of RIGHT foot (3 o'clock),
- & Lift LEFT toe slightly
- 10 Tap/push LEFT toe to left side & pivot 1/4 turn right on ball of RIGHT foot (6 o'clock)

- & Lift LEFT toe slightly
- 11 Tap/push LEFT toe to left side & pivot 1/2 turn right on ball of RIGHT foot (12 o'clock)
- & Lift LEFT toe slightly
- 12 Tap/push LEFT toe to left side & pivot 1/4 turn right on ball of RIGHT foot (3 o'clock)

### **SYNCOPATED 'VINE LEFT**

- 13 Step to LEFT side with LEFT foot
- 14 Step across behind left leg with RIGHT foot
- & Step to left side with LEFT foot
- 15 Step across in front of left leg with RIGHT foot
- 16 Step to left side with LEFT foot

### **SYNCOPATED 'VINE RIGHT**

- 17 Step to right side with RIGHT foot
- 18 Step across behind right leg with LEFT foot
- & Step to right side with RIGHT foot
- 19 Step across in front of right leg with LEFT foot
- 20 Step to right side with RIGHT foot

### **1 1/4 PADDLE TURN RIGHT**

- & Lift LEFT toe slightly
- 21 Tap/push LEFT toe to left side & pivot 1/4 turn right on ball of RIGHT foot (6 o'clock)
- & Lift LEFT toe slightly
- 22 Tap/push LEFT toe to left side & pivot 1/4 turn right on ball of RIGHT foot (9 o'clock)
- & Lift LEFT toe slightly
- 23 Tap/push LEFT toe to left side & pivot 1/2 turn right on ball of RIGHT foot (3 o'clock)
- & Lift LEFT toe slightly
- 24 Tap/push LEFT toe to left side & pivot 1/4 turn right on ball of RIGHT foot (6 o'clock)

### **ROCK-STEP, SHUFFLE BACK,**

- 25 Step forward with LEFT foot
- 26 Rock back onto RIGHT foot

- 27 Step back with LEFT foot  
& Step RIGHT foot next to left foot  
28 Step back with LEFT foot

### **ROCK-STEP, SHUFFLE FORWARD**

- 29 Step back with RIGHT foot  
30 Rock forward onto LEFT foot  
31 Step forward with RIGHT foot  
& Step LEFT foot next to right foot  
32 Step forward with RIGHT foot

### **Repeat**

### **PADDLE TURN OPTION: POINT, HITCH, POINT, TOUCH**

- 9 Touch LEFT toe to left side  
10 Hitch 1/4 turn right with LEFT knee  
11 Touch LEFT toe to left side  
12 Touch LEFT toe beside right foot

### **Same for counts 21 thru 24**