

Cowpokes Blues

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Count: 32

Wall: 4

Level: Beginner / Intermediate

Choreographer: Louise Elfvengren (SE) March 2010

Music: Where Cowpokes Grow by Bryan Ragsdale.

Start at Vocals.

Section 1

KICK BALL CHANGE, STEP TURN ¼ LEFT, CROSS SHUFFLE, STEP TURN ½ RIGHT

- 1&2** Kick right fw, step down on right, step down on left
- 3-4** Step fw right, turn ¼ left stepping down left beside right
- 5&6** Cross right over left, step left to left, cross right over left
- 7-8** Step fw left, turn ½ right stepping fw right.

Section 2

KICK BALL CHANGE, STEP TURN ¼ RIGHT, FULL TRIPLE TURN MOVING RIGHT, TURN ¼ RIGHT, WALK x 2

- 1&2** Kick left fw, step down on left, step down on right
- 3-4** Step fw left, turn ¼ right stepping down right beside left
- 5&6** Full tripleturn over right shoulder left-right-left, moving slightly to right

Option 5&6 = cross shuffle/ Cross left over right, step right to right side, cross left over right

- 7-8** Turn ¼ right, walking fw right-left

Section 3

ROCK & CROSS. COASTER STEP, STEP TURN ½ LEFT, FULL TRIPLE TURN LEFT

- 1&2** Rock right to right side, recover onto left, cross right over left
- 3&4** Step left back, step right next to left, step left forward
- 5-6** Step right forward, turn ½ left stepping forward on left
- 7&8** Full tripleturn over left shoulder right-left-right

Option 7&8 = Shuffle forward/ Step right forward, step left beside right, step right forward

Section 4

WIZARD STEPS DIAG. LEFT-RIGHT, ROCK FW REC. COASTER STEP

- 1-2&** Step left diag. fw a long step, lock right behind left, small step fw left
- 3-4&** Step right diag. fw a long step, lock left behind right. Small step fw right
- 5-6** Rock fw left, recover onto right
- 7&8** Step back left, step right next to left, step forward on left.

**Download music free by courtesy from Bryan Ragsdale at
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