

# COW-LYPSO

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**Count:** 32

**Wall:** 4

**Level:** beginner/intermediate

**Choreographer:** Gloria Johnson

**Music:** Redneck Limbo by Mitch Adelman

## **SIDE ROCK STEP, TRIPLE IN PLACE, SIDE ROCK STEP, TRIPLE IN PLACE**

**Attitude: on the triple steps, keep feet slightly apart and put attitude into the hip motions**

**1-2** Rock right to right side; rock back onto left

**3&4** Triple in place stepping right, left, right

**5-6** Rock left to left side; rock back onto right

**7&8** Triple in place stepping left, right, left

## **SIDE TOUCH, 1/8 TURN, SIDE TOUCH, 1/8 TURN (REPEAT)**

**Attitude: side sway hip motion. Let your arms move naturally**

**9-10** Touch right toe to right side; turning 1/8 left, touch right toe next to left foot

**11-12** Touch right toe to right side; turning 1/8 left, touch right toe next to left foot

**13-14** Touch right toe to right side; turning 1/8 left, touch right toe next to left foot

**15-16** Touch right toe to right side; turning 1/8 left, touch right toe next to left foot

## **¼ TURN STEP, TOGETHER, STEP, TOGETHER, ½ TURN STEP, TOGETHER, STEP TOUCH**

**Attitude: sway you shoulders in the direction you are going and your hips will follow**

**17-18** Turning ¼ right, step right forward; step left beside right

**19-20** Step right forward, touch left beside right

**21-22** Turning ½ left, step left forward; step right beside left

**23-24** Step left forward; touch right beside left

## **ROCK STEP BACK, KICK-BALL-CHANGE, ROCK STEP BACK, KICK-BALL-CHANGE**

**Attitude: feel free to put your own attitude into these 8 steps**

**25-26** Rock back on right; rock forward on left

**27&28** Kick right forward; step right next to left; step left next to right

**29-30** Rock back on right; rock forward on left

**31&32** Kick right forward; step right next to left; step left next to right

**REPEAT**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=59454](https://www.linedance.com/index.php?f=dance_view&id=59454)