Midnight Cowboy

Ebene: Phrased Intermediate

Count:64Wand: 4Choreograf/in:Sarah Whitcomb (USA) - February 2025Musik:Midnight Cowboy - JADEoder:Swing - Trace Adkins

Intro: 16 counts Phrased: B, AAA, B, A through the rest of the dance No tags, no restarts - although you may choose to think of the "A" phrase as a tag since it occurs twice

Alternate song swap: Swing – Trace Adkins No TAG/Part A Dance starts after 32 count intro Part B through the whole dance Restart after count 28 on walls 2, 4, and 7 after the words "next in line," "who's next," and "goin, gone"

PART A - 32 Counts

** Start facing 12:00, dance starts 32 counts after the beat starts when singing begins

(1-8) R Side Step, Step Together 1/4 Turn, Rock Back, Full Turn

- PRO TIP: You have 4 counts to take 2 steps that take you to the 3:00 wall. Add style, add flair, take your time
- 1-2 Side Step Step out R to the slide, slowly dragging L in with style
- 3-4 Step Together with ¹⁄₄ Turn Step L next to R, squaring up to 3:00
- 5-6 Back Rock Step Step R back, recover forward step L
- 7-8 Full Turn Step R forward & make a ½ turn over L shoulder, step L forward to complete the full turn

** You are now facing 3:00 with weight on L

(9-16) Heel Switches, ¼ Turning Heel Grind, Coaster Step, ½ Pivot

- 1& Heel Switch Touch R heel forward, step R beside L
- 2& Heel Switch Touch L heel forward, step L beside R
- 3-4 Turning Heel Grind Rock forward on the R heel, recover on the L foot as you turn a ¼ turn R
- 5&6 Coaster Step Step R back, L together, R forward
- 7-8 Pivot Step L, ¹/₂ pivot over R shoulder, take weight on R
- ** You are now facing 12:00 with weight on R

(17-24) L Side Step, Step Together ¼ Turn, Rock Back, Full Turn

PRO TIP: You have 4 counts to take 2 steps that take you to the 9:00 wall. Add style, add flair, take your time

- 1-2 Side Step Step out L to the slide, slowly dragging R in with style
- 3-4 Step Together with ¼ Turn Step R next to L, squaring up to 9:00
- 5-6 Back Rock Step Step L back, recover forward step R
- 7-8 Full Turn Step L forward & make a ½ turn over R shoulder, step R forward to complete the full turn
- ** You are now facing 9:00 with weight on R

(25-32) Heel Switches, ¼ Turning Heel Grind, Coaster Step, ½ Pivot

- 1& Heel Switch Touch L heel forward, step L beside R
- 2& Heel Switch Touch R heel forward, step R beside L
- 3-4 Turning Heel Grind Rock forward on the L heel, recover on the R foot as you turn a ¼ turn L
- 5&6 Coaster Step Step L back, R together, L forward
- 7-8 Pivot Step R, ½ pivot over L shoulder, take weight on L

** You are now facing 12:00 with weight on L





PART B - 32 Counts ** Start facing 12:00, weight on L	
(1-8) Stomp Hold, L Sailor Step, Weave L, Step L, Touch R	
1	Stomp R out
2	Hold
- 3&4	Sailor Step - Step L behind R, R steps out, L steps out
5&6	Weave - R crosses behind L, L steps out, R crosses over L
7	Step L - Step L out to face 10:30
8	Tap - R taps next to L, still facing 10:30 with weight on L
	w facing 10:30 (from the top of the dance), weight on L
(9-16) Knee Pops x2, Ball Cross, Slide Back, L Coaster Step, Step, Hitch	
1	Knee Pop Small jump back R, pop L knee and heel up as you square ½ L to 9:00
2	Knee Pop - Small /jump back L, pop R knee and heel up, stay at 9
&3	Ball Cross - R ball of foot steps slightly forward, cross L over R, slightly angle body over L shoulder
4	Slide Back - Step R back, let L trail pointed in front
5&6	Coaster Step - Step L back, R together, L forward
7	Step - Step R forward
8	Hitch - Step L forward, hitch R knee up
** You are now facing 9:00 (from the top of the dance), weight on L	
• •	Triple Half Turn, Triple Half Turn, Rock Step Forward
1-2	Pivot - Step R, ½ pivot over L shoulder, take weight on L
	I some hips to this pivot to stylize the movement & add momentum
3&4 5&6	Triple Half Turn - R forward, L together, R back as you half turn over your L shoulder Triple Half Turn - L back, R together, L forward as you ½ turn over your L shoulder, ending at
	3:00
7-8	ing the chorus, the triple half turns are accompanied by clapping in the music. Clap along. Forward Rock Step - Rock R forward, recover L
	w facing 3:00 (from the top of the dance), weight on L
	Pops x2, Rock Step Back, Full Turn, Step, Hitch
1	Knee Pop Small jump back R, pop L knee and heel up as you square 1/4 L to 9:00
2	Knee Pop - Small /jump back L, pop R knee and heel up, stay at 9
3-4	
	Back Rock Step - Step R back, recover forward step L
5-6	
5-6 7	Back Rock Step - Step R back, recover forward step L Full Turn - Step R forward & make a ½ turn over L shoulder, step L forward to complete the
7 8	Back Rock Step - Step R back, recover forward step L Full Turn - Step R forward & make a ½ turn over L shoulder, step L forward to complete the full turn Step - Step R forward Hitch - Step L forward, hitch R knee up
7 8	Back Rock Step - Step R back, recover forward step L Full Turn - Step R forward & make a ½ turn over L shoulder, step L forward to complete the full turn Step - Step R forward
7 8	Back Rock Step - Step R back, recover forward step L Full Turn - Step R forward & make a ½ turn over L shoulder, step L forward to complete the full turn Step - Step R forward Hitch - Step L forward, hitch R knee up

Last Update - 28 Mar 2025