

Cow-Lypso

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Gloria Johnson (USA)

Musik: Redneck Limbo - 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
