

# Lonely Cowboy

**COPPER** KNOB  
STEPPERS

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** Paul Parsons (UK) - July 2019

**Music:** Where Rivers Are Red and Cowboys Are Blue - Triston Marez : (Album: That Was All of Me)



---

## Rock recover shuffle forward, rock back recover shuffle back

- 1-2 Rock forward on the right foot recover on the left
- 3&4 Right shuffle back stepping Right, Left, Right
- 5-6 Rock back on the left foot recover on the right
- 7&8 left shuffle forward stepping left, right, left

## Right Side rock cross shuffle, Left side rock cross shuffle.

- 1-2 Rock the right out to the right side and cross the Right in front of left
- 3&4 Cross shuffle right over left stepping right, left, right
- 5-6 Rock the left out to the left side and cross left in front of Right
- 7&8 Cross shuffle Left over right stepping left, right, left

## Right-side together back, left side together back

- 1-2 Step the right foot to the right side and step the left next to right.
- 3&4 Shuffle back Right left Right
- 5-6 Step the left foot to the left side and step right next to left.
- 7&8 Shuffle back left right left.

## Back point back points, right Sailor left Sailor quarter turn

- 1-2 Cross right behind left, point the left out to the left side
- 3-4 Cross left behind right and point the right out to the right side
- 5&6 Rock right foot behind left, step left foot out to left side, step right foot out to right side.
- 7&8 Rock quarter turn Left foot behind Right, step right foot out to right side, step left foot out to the left side. (9 O'clock)

**Begin again.**

**Ending the dance finishes at the back wall Cross Right over left and unwind a half turn to the front wall.**

**Contact email:** [Parsons830@btinternet.com](mailto:Parsons830@btinternet.com)

---