

Cowboys and Plowboys

Count: 32

Wall: 4

Level: High Improver

Choreographer: Gail Smith (USA) - January 2024

Music: Cowboys and Plowboys - Jon Pardi & Luke Bryan



INTRO: 16 Counts

R SIDE, HOLD, BEHIND-SIDE-CROSS, SIDE ROCK, RECOVER, CROSSING SHUFFLE

- 1 - 2 Step R to side, HOLD (Clap or Snap fingers)
- 3 & 4 Step L behind R, Step R to side, Step L over R
- 5 - 6 Rock R out to side, Recover onto L
- 7 & 8 Step R over L, Step L slightly to side, Step R over L

L SIDE, HOLD, BEHIND-SIDE-CROSS, SIDE ROCK, 1/4 R RECOVER, SHUFFLE FWD

- 1 - 2 Step L to side, HOLD (Clap or Snap fingers)
- 3 & 4 Step R behind L, Step L to side, Step R over L
- 5 - 6 Rock L out to side, Turn 1/4 R recover onto R foot 3:00
- 7 & 8 Triple step fwd stepping L-R-L

***** RESTARTS here on Walls 2, 5 & 10

KICK-STEP-POINT L, KICK-STEP-POINT R, 1/4 R, POINT L, KICK-STEP-POINT R

- 1 & 2 Kick R fwd, Step R next to L, Tap L toes out to side
- 3 & 4 Kick L fwd, Step L next to R, Tap R toes out to side
- 5 - 6 Turn 1/4 R stepping R next to L foot, Tap L toes out to side (Monterey turn) 6:00
- 7 & 8 Kick L fwd, Step L next to R, Tap R toes out to side

SYNCOATED JAZZ BOX w POINT, HEEL & HEEL & HEEL, BALL-CROSS

- 1 - 2 Step R over L, Step L back
- & 3 - 4 Step R to side, Step L over R, Tap R toes out to side
- 5 & 6 Tap R heel fwd, Step R next to L, Tap L heel fwd
- & 7 Step L next to R, Tap R heel fwd
- & 8 Step ball of R foot slightly back, Step L over R

START OVER !

RESTARTS:

Wall 2 begins facing 6:00. Restart Happens facing 9:00. (Dance now goes side to side)

Wall 5 begins facing 9:00. Restart happens facing 12:00. (Dance now goes front and back)

Wall 10 begins facing 12:00. Restart happens facing 3:00. (Dance now goes side to side)

SEQUENCE: 32, 16, 32, 32, 16, 32, 32, 32, 16, 32, 32, 32

ENDING (Optional): On the last set, as you do the heel switches gradually turn 1/4 R to face 12:00!

Updated: January 12, 2024