

# Midnight Cowboy

Count: 64

Wall: 4

Level: Phrased Intermediate

Choreographer: Sarah Whitcomb (USA) - February 2025

Music: Midnight Cowboy - JADE

or: 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 "go in, 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 ¼ 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 ¼ 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, ½ 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

**\*\* You are now 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  $\frac{1}{4}$  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**

**(17-24) Pivot, Triple Half Turn, Triple Half Turn, Rock Step Forward**

- 1-2 Pivot - Step R,  $\frac{1}{2}$  pivot over L shoulder, take weight on L

**PRO TIP: Add some hips to this pivot to stylize the movement & add momentum**

- 3&4 Triple Half Turn - R forward, L together, R back as you half turn over your L shoulder
- 5&6 Triple Half Turn - L back, R together, L forward as you  $\frac{1}{2}$  turn over your L shoulder, ending at 3:00

**PRO TIP: During the chorus, the triple half turns are accompanied by clapping in the music. Clap along.**

- 7-8 Forward Rock Step - Rock R forward, recover L

**\*\* You are now facing 3:00 (from the top of the dance), weight on L**

**(25-32) Knee 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  $\frac{1}{4}$  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 Full Turn - Step R forward & make a  $\frac{1}{2}$  turn over L shoulder, step L forward to complete the full turn
- 7 Step - Step R forward
- 8 Hitch - Step L forward, hitch R knee up

**\*\* You are now facing 3:00, which becomes your new 12:00 as you repeat the dance from the top. Weight on L**

**Last Update - 28 Mar 2025**

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