

Sowin' Oats

Count: 32

Wall: 2

Level: Intermediate

Choreographer: Al Ord (UK)

Music: Cotton Pickin' Time - Blake Shelton



RIGHT MAMBO FORWARD, LEFT MAMBO BACK, TURN, TURN, STEP, PIVOT, STEP

- 1&2 Rock forward on right, recover back onto left, step back on right
3&4 Rock back on left, recover forward onto right, step forward left
5-6 Step forward right making $\frac{1}{2}$ turn left, step back left making further $\frac{1}{2}$ turn left
7&8 Step forward right, pivot $\frac{1}{2}$ turn left, step forward right

LEFT MAMBO FORWARD, RIGHT MAMBO BACK, TURN, TURN, STEP, PIVOT STEP

- 9&10 Rock forward on left, recover back onto right, step back on left
11&12 Rock back on right, recover forward onto left, step forward right
13-14 Step forward left making $\frac{1}{2}$ turn right, step back right making further $\frac{1}{2}$ turn right
15&16 Step forward left, pivot $\frac{1}{2}$ turn right, step forward left

CROSS SIDE, SAILOR, $\frac{1}{4}$ TURN, $\frac{1}{4}$ TURN, BEHIND, SAILOR STEP

- 17-18 Cross right over left, step left to left side
19&20 Sweep right behind left making $\frac{1}{4}$ turn right, step forward left, step right beside left
21-22 Step left to left side making $\frac{1}{4}$ turn right, step right behind left
23&24 Sweep left behind right, step right beside left, step left forward

STEP, PIVOT, STEP, LOCK STEP, ROCK, RECOVER, SHUFFLE $\frac{1}{2}$ TURN

- 25-26 Step forward on right, pivot $\frac{1}{2}$ turn left
27&28 Step forward right, lock left behind right, step forward right
29-30 Rock forward on left, recover back onto right
31&32 Step back left making $\frac{1}{4}$ turn left, step right beside left making $\frac{1}{4}$ turn left, step left beside right

REPEAT

TAG

Danced at end of 3rd and 6th walls

STEP, PIVOT, STEP, STEP, PIVOT, STEP

- 1&2 Step forward right, pivot $\frac{1}{2}$ turn left, step forward right
3&4 Step forward left, pivot $\frac{1}{2}$ turn right, step forward left
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