

# Lonely Cowboy Waltz

**Compte:** 54

**Mur:** 4

**Niveau:** Advanced waltz



**Chorégraphe:** Tara Conaghan (UK) & Michael Greasby (UK) - March 2019

**Musique:** Mammás, Don't Let Your Babies Grow Up to Be Cowboys - Willie Nelson & Waylon Jennings

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- |            |   |
|------------|---|
| 1-2-3      | Rock out onto L foot, recover weight onto R and hold                          |
| 4-5-6      | Sweep L foot into a ¼ turning coaster step – back together forward Q          |
| 7-8-9      | R lock step forward – forward together forward Q                              |
| & 10 11-12 | 2 half pivots to R – step L forward, pivot R and repeat -9 o'clock            |
|            |   |
| 1-2-3      | Rock out onto L foot, recover weight onto R and hold                          |
| 4-5-6      | Sailor half turn over L shoulder, leaving L foot over R Q                     |
| 7-8 & 9    | Stepping to R on a side behind and cross, leaving L foot over R Q             |
| 10-11-12   | Sweep R forward, sweep L forward, sweep R forward -3 o'clock                  |
|            |   |
| 1-2-3      | Rock out onto L foot, recover weight onto R and hold                          |
| 4-5-6      | L shuffle forward – L together L Q  |
| 7-8-9      | R shuffle forward - R together R Q  |
| 10-11-12   | A rolling 1¼ turn L - half turn L, half turn R, ¼ turn L -12 o'clock          |
|            |   |
| 1-2-3      | Rock out onto R foot, recover weight onto L and rock out onto R               |
| 4-5-6      | L diagonal lock step back – back lock back Q                                  |
| 7-8-9      | R diagonal lock step back – back lock back Q                                  |
| 10-11-12   | Rock back on L foot, hold, recover weight on R - 12 o'clock                   |
|            |   |
| 1-2-3      | Triple ¾ turn to R with a cross – half on L foot, ¼ on R, crossing L over R Q |
| 4-5-6      | Stepping R, sway R, L, R 9 o'clock  |

**Choreographers' notes:** At the end of the second wall after the sways, hold a beat, and sway to finish on your Final wall. In interpreting the music, we have taken some artistic license with the traditional timing. The sections marked with a Q are 'squeezed' counts and must be performed quickly.  
Enjoy!

\*Dedicated to Julie Lacey – dance mentor and best friend.

Last Update - 18 June 2019

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