

Lady Cowboy

COPPER KNOB
STEPSHEETS

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Lindsey Castillo & Luke Nelson (USA) - July 2025

Musique: Lady Cowboy - RuPaul



Dance starts after 32 counts, when lyrics begin

(1-8) R wizard & syncopated weave, ½ L pivot & 1¼ turn R

1, 2&3&4 Wizard traveling right, R L R and syncopated weave L R L
5&6 Step ¼ turn left pivot to 9:00 with R foot, and prep to turn L R
7, 8 1 ¼ turn stepping L R back to 12:00

(9-16) Step touch x3, step scuff, heel toe

1, 2 Step L touch right
&3&4 Step R touch L, step L touch right while making ¼ turn right to face 3:00
&5, 6 Step R scuff L, land L foot
7, 8 Heel, toe R foot closer in

***Restart happens here on wall 4**

(17-24) Flick step, sailor, rock recover triple ½ turn R

1, 2 Flick R foot back behind, step out R
3&4 Sailor step L R L
5, 6 Rock recover R L
7&8 Triple ½ turn over the right shoulder R L R to 9:00

(25-32) Rock recover, R heel L heel, hips circle R L

1, 2 Rock recover L R
&3&4 Step on L foot, R heel out front, step on R foot, L heel out front
&5, 6 Bring L heel back in and circle hips counterclockwise back to the right for 2
7, 8 Circle hips clockwise back to the left for 2, ending with weight on L foot to start again

Repeat! :)

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