

Back In Old Cheyenne

Compte: 64

Mur: 4

Niveau: Improver

Chorégraphe: Lindy Bowers (USA) & Sandy Albano (USA)

Musique: Old Cheyenne - Joe Nichols



SHUFFLE (LINDY), ROCK BACK RECOVER (USE SAMBA HIPS) TWICE

- 1-4 Shuffle right-left-right (down line of dance), rock back on left, recover right
5-8 Shuffle left-right-left (down line of dance), rock back on right, recover left

RIGHT STEP, LOCK, STEP, SCUFF; LEFT STEP, LOCK, STEP, SCUFF

- 9-12 Step forward. On right, lock left behind right, step forward. Right, scuff left
13-16 Step forward. On left, lock right behind left, step forward. Left, scuff right

CROSS, STEP BACK, STEP BACK, CROSS, STEP BACK, ¼ TURN LEFT. TOUCH

- 17-20 Cross right over left, step back on left; step back on right, cross left over right
21-24 Step back on right, turn ¼ turn to left -(on left), touch right toe to left instep, hold

SHUFFLE FORWARD, ROCK, RECOVER, SHUFFLE BACK, ROCK, RECOVER

- 25-28 Shuffle forward. (right-left-right), rock forward on left, recover onto right
29-32 Shuffle back (left-right-left), rock back on right, recover onto left

LEFT ¼ TURN INTO A RIGHT WEAVING 8-CT GRAPEVINE

- 33-40 Turn ¼ turn left stepping on the right, step left behind right, step right to right, step left across right, step right to right, step left behind right, step right to right, touch left toe to right instep

LEFT ¼ TURN, POINT, CROSS, POINT, JAZZ BOX WITH ¼ TURN, TOUCH

- 41-44 Step left foot to a ¼ turn left, point right toe to right, cross right over left, point left
45-48 Cross left over right, step back and ¼ turn left onto right, step left to left, touch right

SHUFFLE RIGHT, CROSS UNWIND, SHUFFLE LEFT, CROSS UNWIND

- 49-52 Shuffle right (lindy) right-left-right, cross left over right, unwind a full turn right
53-56 Shuffle left (lindy) left-right-left, cross right over left, unwind a ¾ turn left

STEP, TOUCH, MAMBO STEP, MAMBO STEP, STEP, TOUCH

- 57-60 Step forward. Right, touch left toe to right instep, mambo forward
61-64 Mambo back on right; step forward. Left, touch right toe to left instep

REPEAT

TAG

On walls 2 and 6 (last wall), repeat the last 8 count (mambos). This will add an extra 8 counts to these walls

RESTART

On wall 5, restart from the beginning after 32 counts