

# Lonely Cowboy Waltz

**COPPER** KNOB  
STEPSHEETS

拍数: 54      墙数: 4      级数: Advanced waltz  
编舞者: Tara Conaghan (UK) & Michael Greasby (UK) - March 2019  
音乐: Mamas, Don't Let Your Babies Grow Up to Be Cowboys - Willie Nelson & Waylon Jennings



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