

One of Them Cowboys

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Janelle Jansen (AUS) & Gail Buswell (AUS) - February 2025
音乐: One Of Them Cowboys - Denvah



Intro: 16 counts - No tags or restarts

[1-8] HEEL & HITCH X 2, VINE, HEEL & HITCH X 2, VINE

1&2&3&4 Tap R heel fwd, hitch R knee up (slap R knee with R hand) (&), tap R heel fwd, hitch R knee up (slap R knee with R hand) (&), step R to R side, step L behind R (&), step R to R side
5&6&7&8 Tap L heel fwd, hitch L knee up (slap L knee with L hand) (&), tap L heel fwd, hitch L knee up (slap L knee with L hand) (&), step L to L side, step R behind L (&), step L to L side

[9-16] CROSS ROCK & CROSS ROCK & TOUCH FWD, SWIVEL HEEL OUT, IN & WALK FWD x 2

1,2&3,4& Cross R over L, recover weight onto L, step R beside L (&), cross L over R, recover weight onto R, step L beside R (&)
5&6&7,8 Touch ball of R foot fwd, swivel R heel out (&), swivel R heel in (keeping ball of R on the floor), bring R foot in stepping R beside L (&), walk fwd L, R

[17-24] FWD ROCK, RECOVER, 1/2 TURNING SHUFFLE, ROCKING CHAIR

1,2,3&4 Rock L fwd, recover weight onto R, turn 1/4 L stepping L to L side (9:00), step R beside L (&), turn 1/4 L stepping fwd onto L (6:00)
5,6,7,8 Rock R fwd, recover weight onto L, rock R back, recover weight onto L

[25-32] CROSS & HEEL & CROSS & HEEL, 1/4 FWD, BALL, 1/4 FWD, BALL, 1/4 FWD, BALL, STOMP

1&2&3&4 Cross R over L, step L to L side (&), tap R heel to R diagonal, bring R foot in stepping R beside L (&), cross L over R, step R to R side (&), tap L heel to L diagonal (click fingers out to sides at hip height)
5&6&7&8 Turn 1/4 L putting weight down onto L (3:00), step onto ball of R beside L (&), turn 1/4 L stepping L fwd (12:00), step onto ball of R beside L (&), turn 1/4 L stepping L fwd (9:00), step onto ball of R beside L (&), stomp L fwd

Ending: During the 8th sequence, dance counts [1 - 12&] at 3:00, step R fwd, pivot 1/4 L (weight to L) and step R fwd to finish at 12:00