

COWBOY MAN

Count: 32 Wall: 2 Level: beginner polka

Choreographer: Mona Arvidson

Music: Cowboy Man by Lyle Lovett



HEEL 2X RIGHT, COASTER STEP, HEEL 2X LEFT, COASTER STEP

- 1-2 Right heel forward twice
- 3&4 Right back, left together, right forward
- 5-6 Left heel forward twice
- 7&8 Left back, right together, left side

SAILOR SHUFFLE, SAILOR SHUFFLE ¼ TURN LEFT, GALLOPS RIGHT

- 9&10 Right cross behind left, left side, right side
- 11&12 Left cross behind right, ¼ turn left, step side on right (face 9:00), left side
- 13&14 Right side, left together, right side
- &15 Left together, right side
- &16 Left together, right side

JAZZ BOX ¼ TURN, FORWARD BASIC 2X

- 17-20 Cross left over right, right back, ¼ turn left, step left (face 6:00), right forward
- 21&22 Left forward, right together, left forward
- 23&24 Right forward, left together, right forward

CROSS STEP HEEL 2X, SKIPS BACKWARD

- 25&26 Cross left over right, right back at slight angle, left heel
- &27 Step left, cross right over left
- &28 Left back at slight angle, right heel
- 29&30 Right back, hop back on right, left back
- &31 Hop back on left, right back
- &32 Hop back on right, left back

REPEAT