

A KOOL DANCE

Four Wall – 40 Count Line Dance

AKA Progressive Cowboy

Recommended Music: Tribal Dance, By 2 Unlimited

I'm A Cowboy, By Smokin' Armidillos

This step description was prepared by Rose Haven (404) 379-1213 or rose@atlantalincedance.com

COUNTS: STEP DESCRIPTION:

1-16 Heel, Together, Step, Slide - REPEAT

- 1-2 Tap right heel at a 45 degree angle right; Touch right toe next to left
- 3-4 Take a big step to the right with right foot; Slide left foot next to right
- 5-6 Tap left heel at a 45 degree angle left; Touch left toe next to right
- 7-8 Take a big step to the left with left foot; Slide right foot next to left
- 9-16 Repeat counts 1-8 above

17-24 Push Hips- Right twice, Left twice, Back twice, Forward twice

- 1-2 Push right hip to right twice
 - 3,4 Push left hip to left twice
 - 5,6 Push hips back twice
 - 7,8 Push hips forward twice
- * easier variation: push hips right twice, left twice, right twice, left twice.

25-32 Push hips anywhere twice, Walk forward (RLRL), Tap right heel forward, touch right toe back

- 1,2 Push hips anywhere you want for two counts or **roll hips** for 2 counts
- 3-6 Walk forward on right, left, right, left
- 7,8 Tap right heel forward; Tap right toe straight back

33-40 Turn, Point left, Cross, Point right, Cross, Back left, Together, Scoot forward

- 1 Step forward right onto ¼ turn right
- 2 Touch left toe to left side
- 3 Cross left foot over right
- 4 Touch right toe to right side
- 5 Cross right foot over left
- 6 Step back on left foot
- 7 Step right foot next to left
- 8 Slight scoot forward on both feet ending with weight on left **or** step Left slightly forward (&), Touch right next to left. (8).

Begin Again!