

# ROCK 'N' ROLL COWBOY

*Description:* 64 count – 2 wall line dance Level: Easy Intermediate  
*Music:* “Cowboys Like A Little Rock and Roll” by Chris Le Doux 165 bpm  
*Lead:* After the heavy guitar licks, start on the vocals, “even cowboys like a little rock ‘n’ roll...”  
*Choreographers:* Michele Burton & Michael Barr, Corning, California, USA  
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*Rock ‘n’ Roll Cowboy has been choreographed specially for the 10<sup>th</sup> Anniversary Crazy Country Dance Festival, hosted by Nagoya C/W Dance Fans “Crazy Feet” Nagoya Japan.*

## **1 – 8 WALK, HOLD, WALK, HOLD - LOCK STEP FORWARD, HOLD**

1 – 4 Step left forward; Hold; Step right forward; Hold  
5 – 8 Step left forward; Step right forward crossing behind left [*lock*]; Step left forward; Hold

## **9 - 16 STEP SIDE w/ HIP SWAY, HOLD, SWAY, HOLD – SWAY, SWAY, TOUCH, HOLD,**

1 – 4 Step right side right swaying hips right; Hold; Sway hips left; Hold  
5 – 8 Sway hips right [*5*]; Sway hips left [*6*]; Touch right toe to floor in place, with bent knee [*7*]; Hold [*8*]

## **17 - 24 MODIFIED JAZZ BOX w/ ¼ TURN LEFT**

1 – 4 Step right side right; Hold; Step left foot across in front of right; Hold  
5 – 8 Step right back [*5*]; Turn ¼ left stepping side left [*6*]; Step right forward [*7*]; Hold [*8*]

## **25 - 32 SUGAR FOOT STEPS X 3**

1 – 3 Touch left toe near instep of right; Touch left heel near instep of right; Step left forward in front of right  
4 – 6 Touch right toe near instep of left; Touch right heel near instep of left; Step right forward in front of left  
7 – 8 Touch left toe near instep of right; Touch left heel near instep of right

## **33 - 40 CROSS, HOLD, ¼ RIGHT, HOLD - CROSS, SIDE, CROSS, HOLD**

1 – 4 Step left crossing in front of right; Hold; Push off left into a ¼ turn right stepping right foot side right; Hold  
5 – 8 Step left crossing in front of right; Step right side right; Step left crossing in front of right; Hold

## **41 – 48 PRESS, HOLD, RELEASE, HOLD - BEHIND, SIDE, TOGETHER, HOLD**

1 – 4 Press ball of right side right; Hold  
Return weight to left foot [*point right toe side right, slightly off the floor*]; Hold  
5 – 8 Step right crossing behind left; Step left side left [*or low leap to the left*]; Step right next to left; Hold

## **49 - 56 SWIVELS LEFT & CLAP – SWIVELS RIGHT & CLAP**

1 – 4 Swivel heels to the left; Swivel toes to the left; Swivel heels to the left; Hold & Clap  
5 – 8 Swivel heels to the right; Swivel toes to the right; Swivel heels center; Hold & Clap [*shift weight left*]

## **57 - 64 FORWARD, HOLD, ½ PIVOT, HOLD – FORWARD w/ SHIMMIES, LIFT**

1 – 4 Step right forward; Hold; ½ Pivot left [*shift weight left*]; Hold  
5 – 8 Step right forward and shimmy for counts 5,6,7; Lift left knee up on count 8 [*tuck left foot next to right calf*]

## **LET’S DANCE IT AGAIN!!!**

*Ending:* Counts 1-8 are the same. The music will slow just a bit during the next 14 counts. Here you will do 6 hip sways (2 cts. each) starting to your right and ending with your left (12 counts in all). With weight on left pretend you have a hat on and bring the left arm/hand around to the brim and pull down as you nod your head, matching the hit in the music (cts. 13, 14 +). The tempo returns so continue the dance from that point with the jazz box section (ct. 17) to the cross-side-cross, hold (ct. 40). On last cross step (ct.7) bring arms up into a high ‘V’. Ta-Dah!!!