

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