

# Country Dance Step Sheet



## *Cowboy Rhythm*

Type: 4 Wall Dance  
Level: Intermediate  
Count: 48  
Starting Position: Lines facing the same direction  
Choreography by: Unknown  
Suggested Music: Wastin' Time With You – Carlene Carter  
Redneck Woman - Gretchen Wilson

### **Stomp R, Fans**

- 1) Stomp R foot forward
- 2) Fan R foot out
- 3) Fan R foot in
- 4) Fan R foot out

### **Stomp L, Fans**

- 1) Stomp L foot forward
- 2) Fan L foot out
- 3) Fan L foot in
- 4) Fan L foot out

### **Step Forward (R,L), Heel Slaps, Hand Claps (2)**

- 1) Step forward on R foot
- 2) Step forward on L foot (feet should be slightly apart)
- 3) Cross R foot behind L leg and slap heel with L hand
- 4) Step down on R foot
- 5) Cross L foot behind R leg and slap heel with R hand
- 6) Step down on L foot
- 7,8) Clap hands twice

### **Step R with Heel Splits**

- 1) Step to R on R foot
- 2) Step next to R on L foot
- 3) Spread heels out
- 4) Bring heels back in

### **Step L with Heel Splits**

- 1) Step to L on L foot
- 2) Step next to L on R foot
- 3) Spread heels out
- 4) Bring heels back in

### **Zig Zag Back with Hand Claps**

- 1) Step diagonally back on R foot
- 2) Touch L toe next to R foot (Clap hands)
- 3) Step diagonally back on L foot
- 4) Touch R toe next to L foot (Clap hands)
- 5-8) Repeat

### **Grapevine R**

- 1) Step to R on R foot
- 2) Step behind R on L foot
- 3) Step to R on R foot
- 4) Scuff L foot next to R

### **Grapevine L**

- 1) Step to L on L foot
- 2) Step behind L on R foot
- 3) Step to L on L foot
- 4) Scuff R foot next to L

### **Step – Scuffs (x4), Turn**

- 1) Step forward on R foot
- 2) Scuff L foot next to R foot
- 3) Step forward on L foot
- 4) Scuff R foot next to L foot
- 5) Step forward on R foot
- 6) Scuff L foot next to R foot
- 7) Step forward on L foot
- 8) Scuff R foot next to L foot
- &) Turn  $\frac{1}{4}$  to L (end with weight on L foot)

**Repeat dance  $\frac{1}{4}$  to left of starting position.**