

# Cowpony

Choreographed by Lana Harvey, November, 1991, keedance@juno.com,  
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48-count, 4-wall, intermediate line dance

Music: Teach - Sammy Kershaw, Here She Comes, 107 BPM

Dance - Sammy Kershaw, Vidalia, 136 BPM

## **STEP-SLIDE-STEP, TOUCH, STEP, TOUCH, STEP, TOUCH**

- 1-2 Step R to right side, slide L to R
- 3-4 Step R to right side, touch L heel next to R
- 5-6 Step L to left side, touch R heel next to L
- 7-8 Step R to right side, touch L heel next to R

## **STEP-SLIDE-STEP, TOUCH, STEP, TOUCH, STEP TOUCH**

- 9-10 Step L to left side, slide R to L
- 11-12 Step L to left side, touch R heel next to L
- 13-14 Step R to right side, touch L heel next to R
- 15-16 Step L to left side, touch R heel next to L

## **FWD, KICK, CROSS, KICK, FWD LOCK, TOE TOUCH BEHIND**

- 17-20 Step forward R, kick L, cross step L of R, kick R
- 21-24 Step forward R, lock L behind R, step forward R, touch L to behind R heel

## **BACK, HITCH, SWAYS 1/4 TURN WITH KICK, CROSS, BACK**

- 25-26 Step back on L, hitch R knee
- 27-29 Step R to right swaying right, left, right
- 30 Pivot 1/4 turn right on ball of R kicking L forward
- 31-32 Cross step L over R, step back on R

## **FWD SHUFFLES, BACK, OPEN HOOK, BACK, OPEN HOOK**

- 33&34 Shuffle forward LRL
- 35&36 Shuffle forward RLR
- 37 Step back L
- 38 Hook R foot in front of L leg leaving space between heel and leg
- 39 Step back R
- 40 Hook L foot in front of R leg, leaving space between heel and leg

## **SHUFFLE 1/2 TURN, FWD SHUFFLE, SWAYS, CLOSE**

- 41&42 Shuffle LRL making 1/2 turn left
- 43&44 Shuffle forward RLR
- 45-47 Step L to left swaying left, right, left
- 48 Step R next to L

Start Again