



Approved by:

Audrey Watson  
x

# The Cowboy Beat

## 2 WALL - 32 COUNTS - BEGINNER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b>	<b>Side, Kick, Side, Hitch, Grapevine Right, Touch</b>		
1 - 2	Step right to right side. Kick left across right.	Side Kick	Right
3 - 4	Step left to left side. Hitch right knee.	Side Hitch	Left
5 - 6	Step right to right side. Cross left behind right.	Side Behind	Right
7 - 8	Step right to right side. Touch left beside right.	Side Touch	
<b>Section 2</b>	<b>Side, Kick, Side, Scuff, Jazz Box 1/4 Turn Left, Scuff</b>		
1 - 2	Step left to left side. Kick right across left.	Side Kick	Left
3 - 4	Step right to right side. Scuff left foot forward.	Side Scuff	Right
5 - 6	Cross left over right. Step right back.	Cross Back	Back
7 - 8	Turn 1/4 left stepping left to left side. Scuff right foot forward.	Turn Scuff	Turning left
<b>Section 3</b>	<b>Right Lock Step, Scuff, Left Lock Step, Scuff</b>		
1 - 2	Step right forward. Lock left foot behind right.	Right Lock	Forward
3 - 4	Step right forward. Scuff left foot forward.	Right Scuff	
5 - 6	Step left forward. Lock right foot behind left.	Left Lock	
7 - 8	Step left forward. Scuff right foot forward.	Left Scuff	
<b>Section 4</b>	<b>Step, Touch, Back, Heel, Step, Pivot 1/4 Left, Stomp, Stomp</b>		
1 - 2	Step right forward. Touch left beside right (clap hands on touch).	Step Touch	Forward
3 - 4	Step left back. Touch right heel forward (clap hands on touch).	Back Heel	Back
5 - 6	Step down on right. Pivot 1/4 turn left.	Step Turn	Turning left
7 - 8	Stomp right beside left. Stomp left beside right.	Stomp Stomp	On the spot

**Choreographed by:** Audrey Watson (Scotland) May 2007

**Choreographed to:** 'The Cowboy Beat' by The Bellamy Brothers (150 bpm) from CD Nobody's Perfect (32 count intro)

**Choreographer's Note:** Possible floor split with Atomik Polka/Holding Back The Ocean

