

# Lonely Cowboy Waltz

**Count:** 54    **Wall:** 4    **Level:** Advanced waltz

**Choreographer:** Tara Conaghan & Michael Greasby - 25th March 2019

**Music:** 'Mammas Don't Let Your Babies Grow Up To Be Cowboys' by Willie Nelson & Wray Bonny  
Waylon Jennings



- 1-2-3                    Rock out onto L foot, recover weight onto R and hold  
4-5-6                    Sweep L foot into a ¼ turning coaster step – back together forward Q  
7-8-9                    R lock step forward – forward together forward Q  
& 10 11-12                :2 half pivots to R – step L forward, pivot R and repeat -9 o' clock
- 1-2-3                    Rock out onto L foot, recover weight onto R and hold  
4-5-6                    Sailor half turn over L shoulder, leaving L foot over R Q  
7-8 & 9                    Stepping to R on a side behind and cross, leaving L foot over R Q  
10-11-12                Sweep R forward, sweep L forward, sweep R forward -3 o'clock
- 1-2-3                    Rock out onto L foot, recover weight onto R and hold  
4-5-6                    L shuffle forward – L together L Q  
7-8-9                    R shuffle forward - R together R Q  
10-11-12                A rolling 1¼ turn L - half turn L, half turn R, ¼ turn L -12 o' clock
- 1-2-3                    Rock out onto R foot, recover weight onto L and rock out onto R  
4-5-6                    L diagonal lock step back – back lock back Q  
7-8-9                    R diagonal lock step back – back lock back Q  
10-11-12                Rock back on L foot, hold, recover weight on R - 12 o'clock
- 1-2-3                    Triple ¾ turn to R with a cross – half on L foot, ¼ on R, crossing L over R Q  
4-5-6                    Stepping R, sway R, L, R 9 o'clock

**Choreographers' notes:** At the end of the second wall after the sways, hold a beat, and sway to finish on your Final wall. In interpreting the music, we have taken some artistic license with the traditional timing.

The sections marked with a Q are 'squeezed' counts and must be performed quickly.

Enjoy!

\*Dedicated to Julie Lacey – dance mentor and best friend.

Last Update - 18 June 2019