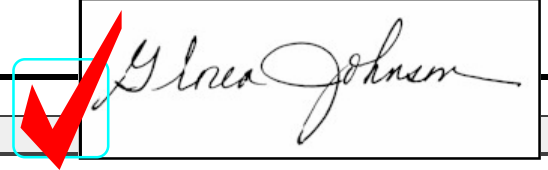


Cow-Lypso



TYPE OF DANCE:	4 Wall Line Dance	DIFFICULTY:	Easy Intermediate
COUNT:	32	STEPS:	36
CHOREOGRAPHER:	Gloria Johnson (May 20, 2001) Tel: (386)532-5009 Country Time Dance Lines 2425 Center Road Deltona, FL 32738 Email: gloriaj@country-time.com Homepage: http://www.gloriajohnson.us		
PREPARED BY:	Dusty Miller (5/22/2001) Email: djdusty@country-time.com		
CHOREOGRAPHED FOR:	"Redneck Limbo" by Mitch Adelman (104 bpm) (Music can be ordered from Mitch by mail at R.D. 1 Box 218, Emlenton, PA 16373 or call (814)498-2847)		
ALTERNATE MUSIC: Preferred by dancers	"He Drinks Tequila (She Talks Dirty In Spanish) by Lorrie Morgan & Sammy Kershaw (110 bpm)		
NOTE:	Put LOTS of island/calypso attitude into this dance, especially the first three sets of eight! Lots of hips and shoulders here!		

STEP DESCRIPTION

SIDE ROCK STEP, TRIPLE IN PLACE, SIDE ROCK STEP, TRIPLE IN PLACE

(Attitude: On the triple steps, keep feet slightly apart and put attitude into the hip motions!!)

- 1,2 Rock RIGHT to right side; Rock back onto LEFT
- 3&4 Triple in place stepping RIGHT, LEFT, RIGHT
- 5,6 Rock LEFT to left side; Rock back onto RIGHT
- 7&8 Triple in place stepping LEFT, RIGHT, LEFT

SIDE TOUCH, 1/8 TURN, SIDE TOUCH, 1/8 TURN (REPEAT)

(Attitude: Side sway hip motion. Let your arms move naturally!)

- 9,10 Touch RIGHT toe to right side; Turning 1/8 left, touch RIGHT toe next to Left foot
- 11,12 Touch RIGHT toe to right side; Turning 1/8 left, touch RIGHT toe next to Left foot
- 13,14 Touch RIGHT toe to right side; Turning 1/8 left, touch RIGHT toe next to Left foot
- 15,16 Touch RIGHT toe to right side; Turning 1/8 left, touch RIGHT toe next to Left foot

1/4 TURN STEP, TOGETHER, STEP, TOGETHER, 1/2 TURN STEP, TOGETHER, STEP, TOUCH

(Attitude: Sway you shoulders in the direction you are going and your hips will follow!)

- 17,18 Turning 1/4 right, step RIGHT forward; Step LEFT beside Right
- 19,20 Step RIGHT forward, Touch LEFT beside Right
- 21,22 Turning 1/2 left, step LEFT forward; Step RIGHT beside Left
- 23,24 Step LEFT forward; Touch RIGHT beside left

ROCK STEP BACK, KICK-BALL-CHANGE, ROCK STEP BACK, KICK-BALL-CHANGE

(Attitude: Feel free to put your own attitude into these 8 steps!)

- 25,26 Rock back on RIGHT; Rock forward on LEFT
- 27&28 Kick RIGHT forward; Step RIGHT next to Left; Step LEFT next to Right
- 29,30 Rock back on RIGHT; Rock forward on LEFT
- 31&32 Kick RIGHT forward; Step RIGHT next to Left; Step LEFT next to Right

BEGIN DANCE AGAIN