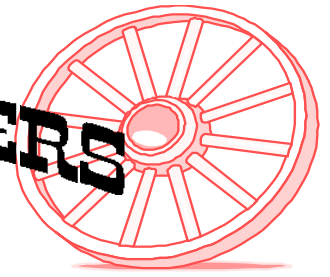




COUNTRY CLUB DANCERS



Cowboys and Plowboys

Dance taught by Paul & Sharon
Hergert for the Country Club
Dancers 04-06-2026

Choreographed by: Suzanne Laverdière (CAN) and Marc Laliberté (CAN), September 2025,
marclaliberte@outlook.com

Description: 32 count Low Intermediate partner circle dance

Music: **Cowboys and Plowboys** by Jon Pardi and Luke Bryan, 117 bpm,
Album: *A Cowboy's Work is Never Done*, February 2024

Starting Position: Closed position, Man facing LOD, Lady facing RLOD

Intro: 16 counts

1 – 8 Man: Walk, Walk, Shuffle forward, Rock forward, Shuffle back

Lady: Back, Back, Shuffle back, Rock back, Shuffle forward

1,2 **Man:** Left forward, Right forward

1,2 **Lady:** Right back, Left back

3&4 **Man:** Shuffle forward LRL

3&4 **Lady:** Shuffle back RLR

5,6 **Man:** Rock right forward, recover onto left

5,6 **Lady:** Rock left back, recover onto right

7&8 **Man:** Shuffle back RLR

7&8 **Lady:** Shuffle forward LRL

Line up right shoulder to right shoulder

9 – 16 Man: Rock back, Shuffle ½ turn right, Rock back, Shuffle ½ turn left

Lady: Step, Pivot ½ turn left, rock back, Shuffle turn ½ right

1,2 **Man:** Rock left back, Recover on right

1,2 **Lady:** Right forward, Pivot ½ turn left (*LOD*)

Man releases his left hand and the lady passes underneath

3&4 **Man:** Shuffle LRL turning ½ turn right (*LOD*)

3&4 **Lady:** Shuffle RLR turning ½ turn left (*RLOD*)

End is left open promenade position facing RLOD

5,6 **Man:** Rock right back, recover onto left

5,6 **Lady:** Rock left back, recover onto right

7&8 **Man:** Shuffle RLR turning ½ turn left (*LOD*)

7&8 **Lady:** Shuffle LRL turning ½ turn right (*LOD*)

Hands: On count 7: Release hands

On count 8: Take the side-by-side position facing LOD

(over)

17 – 24 Man: Rock back, Shuffle forward with palm-to-palm, ½ Turn left, ½ Turn left, Shuffle forward

Lady: Rock back, Shuffle forward with palm-to-palm, ½ Turn right, ½ Turn right Shuffle forward

1,2 **Man:** Rock left back, Recover onto right

1,2 **Lady:** Rock right back, Recover onto left

3&4 **Man:** Shuffle LRL moving forward and touching left palm against lady's right palm

3&4 **Lady:** Shuffle RLR moving forward and touching right palm against man's left palm

5,6 **Man:** ½ Turn left and right foot back, ½ Turn left and left foot forward (*LOD*)

5,6 **Lady:** ½ Turn right and left foot back, ½ Turn right and right foot forward (*LOD*)

Hands: Count 5: Release hands

Count 6: Resume side-by-side position (LOD)

7&8 **Man:** Shuffle RLR, moving forward

7&8 **Lady:** Shuffle LRL, moving forward

25 – 32 Man: Rock step, Coaster step, Walk, Walk, Shuffle forward

Lady: Rock step, Coaster step, ¼ Turn right, ¼ Turn right, Shuffle back

1,2 **Man:** Rock left forward, Recover onto right

1,2 **Lady:** Rock right forward, Recover onto left

3&4 **Man:** Left back, Right next to Left, Left forward

3&4 **Lady:** Right back, Left next to right, Right forward

5,6 **Man:** Right forward, Left forward (*Taking small steps*)

5,6 **Lady:** ¼ Turn right and left foot forward, ¼ Turn right and right foot back

Man releases right-hand, lady passes underneath and moves in front of him;

Take closed western position, Man facing LOD and Lady facing RLOD

7&8 **Man:** Shuffle forward RLR

7&8 **Lady:** Shuffle back LRL

Start again from the beginning

Enjoy the dance!