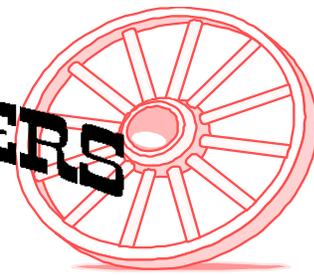




COUNTRY CLUB DANCERS



Dance Taught By: Paul & Sharon Hergert for the Country Club Dancers 11-23-09

The Cowpoke Shuffle

(a.k.a. Very Sensual)

Choreographed by Moses Bourassa Jr. & Barbara Frechette

Description: 32 count, beginner/intermediate partner/circle dance

Music: I Can Dream by Stacy Dean Campbell [106 bpm / [Hurt City](#)]

Rubbin' It In by Shannon Walker [CD: Shannon Walker]

Gettin' You Home (The Black Dress Song) by Chris Young [CD: CD Single]

Six-Foot Teddybear by Richie McDonald

Position: Closed Position. Man Facing LOD. Opposite Footwork unless noted

Start dancing on lyrics

MAN'S STEPS FORWARD STEP, SCUFF, FORWARD SHUFFLE

1-2 Step left forward, scuff right forward

3&4 Chassé forward right, left, right

LADY'S STEPS BACK STEPS, ½ TURN TO THE RIGHT SHUFFLE

1-2 Step right back, step left back Couple will disconnect hands as lady makes this turn

3& Step right forward making ¼ turn to the right, step left making ¼ turn to the right

4 Step right forward Couple is now in sweetheart or cape position, hands connected & doing identical steps

IDENTICAL STEPS FORWARD SHUFFLES

5&6 Chassé forward left, right, left

7&8 Chassé forward right, left, right

CROSS, SIDE STEP, BEHIND -STEP- CROSS, SAILOR SHUFFLES

1-2 Cross left over right, step right to side

&3-4 Step left back, cross right over left, step left to side

5&6 Right sailor step

7&8 Cross left behind right, step right to side, step left forward

FORWARD STEP, ½ TURN TO THE LEFT, ½ TO THE LEFT SHUFFLE, ROCK STEP, RECOVER, FORWARD SHUFFLE

Couple will disconnect left hands as right goes over lady's head

1-2 Step right forward, turn ½ left (weight to left) Couple will pick up left hands and disconnect right hands doing this move

3& Step right making ¼ turn to the left, step left making ¼ turn to the left

4 Step right back Couple will pick up right hands and be back in sweetheart/cape position

5-6 Rock left back, recover to right

7&8 Chassé forward left, right, left

MAN'S STEPS FORWARD STEP, SCUFF, FORWARD SHUFFLE, FORWARD STEPS, FORWARD SHUFFLE

1-2 Step right forward, scuff left forward

3&4 Chassé forward left, right, left

5-6 Step right forward, step left forward

7&8 Chassé forward right, left, right

LADY'S STEPS ¼ TURNS TO THE LEFT, BACK SHUFFLE, BACK STEPS, BACK SHUFFLE

Couple will disconnect hands while lady is doing this turn

1-2 Step right making ¼ turn to the left, step left making ¼ turn to the left Couple is now back in closed position, lady facing OLOD man facing LOD

3&4 Chassé back left, right, left

5-6 Step left back, right

7&8 Shuffle back left, right, left end of dance

Repeat

Cowpoke Shuffle
11-23-09