

LOST COWBOY

Choreographed by Donna Caudill
World's 2000 Female Diamond Advanced Champion

32 count 4-wall beginner line dance

Rhythm - Lilt

Choreographed to "Lost Cowboy" by The Pony Express Band, but can be danced to any East or West Coast Swing song depending on the speed needed for the specific audience.

Counts 1-8

Lindy basic pattern starting with weight on left foot

1&2 Side shuffle right – right left right

3-4 Step pivot ½ - step left turn ½ right

5&6 Side shuffle left – left right left

7-8 Rock step- rock back on right – step forward on left

Counts 9-16

Lindy basic pattern starting with weight on left foot

1&2 Side shuffle right – right left right

3-4 Step pivot ½ - step left turn ½ right

5&6 Side shuffle left – left right left

7-8 Rock step – rock back on right – step forward on left

Counts 17-24

Point crosses

1-2 Point right foot to right side, cross over left change weight to right

3-4 Point left foot to left side, cross over right change weight to left

5-6 Point right foot to right side, cross over left change weight to right

7-8 Point left foot to left side, cross over right change weight to left

Counts 25-32

Kick ball change 2X, ¼ Jazz box square turn to right

1&2 Kick right, step on ball of right, change weight to left foot

3&4 Kick right, step on ball of right, change weight to left foot

5-8 Cross right over left, step back left, step right to right side and turn ¼ to right, step on left