COW COW BOOGIE

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Thanks and a tip of the hat to Charlie and Joni Eskin for the music, review, suggestions, modifications, etc.

PHOTO: 916 408 4244

MUSIC: Cow Cow Boogie, Ella Mae Morse

Music Available: Amazon.com or itunes

RHYTHM: West Coast Swing

SUGGESTED SPEED: 25 BPM

PHASE: V +1U (Basket Whip)

FOOTWORK: As indicated

RELEASED: 3/01/2014

SEQUENCE: A, A, B, A(Mod1) C, C(Mod), A, D, A(Mod2)

NUMBER: 7

M fc W and LOD holding lead hands. Wait 2 Measures;

Measures

A

1-12 SUGAR PUSH,, LEFT SIDE PASS,, MAN'S UNDERARM TURN,, SUGAR TUCK & SPIN TO "L" POSITION HNDSHKE,, RIGHT SIDE PASS TO LEAD HANDS,, KICKBALL CHANGE,, SIDE WHIP,, SURPRISE WHIP;;

1,2 12-4;1&2


2,3 34; 1&23&4;

{Left Side Pass} OP fcg ptnr and LOD - swvl 1/4 LF to COH sd L, swvl 1/4 LF to RLOD rec R; cl L to R/in place R, fwd L, [anchor] bk R under body/replace wt to L, sltly bk & replace wt to R; (OP fcg ptnr and RLOD - fwd R, fwd L; strt LF trn sd & fwd R/XLIF of R cnt LF trnto wall, cont LF trn to LOD bk R, [anchor] L bk under body/replace wt to R, replace wt to L.)

4,5 1234; 1&2

{Mans Underarm Turn} OP fcg ptnr and RLOD - bk L, fwd & sd R to lady's left sd, swvl 1/4 RF to COH sd L/rec R trn 1/4 RF to LOD, sltly fwd L; [anchor] bk R under body/replace wt to L, sltly bk & replace wt to R, (OP fcg ptnr and LOD - fwd R, fwd L, swvl 1/8 LF to DLC sd & fwd R/XLIF of R trn 1/8 LF to wall, swvl 1/4 LF to LOD bk R; [anchor] L bk under body/replace wt to R,)}.

5,6 34;23&4;

{Sugar Tuck & Spin to 'L' Position Handshake} OP fcg ptnr and LOD - bk L, bk R; tap L, fwd L, [anchor step] XRIB of L/ rec L trn 1/4 LF - M fac COH rt handshake, sd & bk R; (OP fcg ptnr and RLOD - fwd R, fwd L; tap R beside L, swvl 1/2 RF to fc LOD fwd R spin 1/2 RF to fc RLOD, [anchor] bk L under body/replace wt to R, replace wt to L.)

7,8 1234;1&2

{Right Side Pass Ending W/Lead Hnds} Both fcg in handshake -Bk L, rec R, cl L to R/in place R, fwd L; [anchor] R bk under body/replace wt to L, sltly bk & replace wt to R; chng to lead hnds, (fwd R, fwd L, strtg LF trn sd & fwd R/XLIF of R cnt LF trnto COH, contg LF trn to RLOD bk R; [anchor] L bk under body/replace wt to R, replace wt to L,}

R 3a4;{Kick Ball Change} Kick L diag twd W & wall tk wt ball L ft, tk wt R ft;

(Kick R diag twd M & wall tk wt ball R ft, tk wt L ft;)

9,10 1234&1234;

{Side Whip} OP fcg ptnr and LOD - bk L, fwd & sd R to lady's right sd, point the left foot to LOD/-; hold, rec L, [anchor] R under body/replace wt to L, sltly bk & replace wt to R; (OP fcg ptnr and RLOD - fwd R, fwd L trn 1/2 RF to fc LOD, bk R/cl L to R, fwd R; fwd L, fwd R trn 1/2 LF to fc RLOD, [anchor] L ft bk under body/replace wt R, replace wt to L;)
A

1-12 SUGAR PUSH,, LEFT SIDE PASS,, MAN'S UNDERARM TURN,, SUGAR TUCK & SPIN TO "L" POSITION HNDSKKE,, RIGHT SIDE PASS TO LEAD HANDS,, KICKBALL CHANGE,, SIDE WHIP,, SURPRISE WHIP;;

A (Repeat)

1-12 SUGAR PUSH,, LEFT SIDE PASS,, MAN'S UNDERARM TURN,, SUGAR TUCK & SPIN TO "L" POSITION HNDSKKE,, RIGHT SIDE PASS TO LEAD HANDS,, KICKBALL CHANGE,, SIDE WHIP,, SURPRISE WHIP;;

B

1-8 CHICKEN WALK 3; TWICE; LEFT SIDE PASS,, QUICK SIDE BREAKS,, FACE LOOP SUGAR PUSH,, KICK BALL CHANGE,, UNDERARM TURN,,

1 123-; {Chicken Walk 3} OP fcg LOD Bk L, Bk R, Bk L; Hold; (Fcg RLOD swvl on L step fwd R, swvl on R step fwd L, swvl on L step fwd R, hold;)

2 123-; {Twice} Repeat Chicken Walk 3;

3,4 123&4;1&2 {Left Side Pass} OP fcg ptr and LOD - swvl 1/4 LF to COH sd L, swvl 1/4 LF to RLOD rec R, cl L to R/in place R, fwd L; [anchor] bk R under body/replace wt to L, sltly bk & replace wt to R, (OP fcg ptr and RLOD - fwd R, fwd L, strt LF trn sd & fwd R/XLIF of R cont LF trnto wall, cont LF trn to LOD bk R; [anchor] bk L under body/replace wt to R, replace wt to L.)

4,5 &3&4;&1&2 {Quick Side Breaks} OP fcg ptr and RLOD Wt on R push off R stp sd L [sml stp on & count] push off L stp sd R [sml stp on & count] end with both legs straight [Out/Out], Cl L twd R [on & count] Cl R to L [on & count] lwr sltly both knees [In/In]; Repeat,, (OP fcg ptr and LOD Wt on L push off L stp sd R [sml stp on & count] push off R stp sd L [sml stp on & count] end with both legs straight [Out/Out], Cl R twd L [on & count] Cl L to R [on & count] lwr sltly both knees [In/In]; Repeat,, )

5,6 34;-23&4; {Face Loop Sugar Push} OP fcg ptr and RLOD - bk L, bk R; tap L, fwd L [anchor], R bk under body/replace wt to L, replace wt to R; (OP fcg ptr and LOD - bk R, bk L; tap R, fwd R [anchor], L bk under body/replace wt to R, replace wt to L;)

7 1a2 {Kick Ball Change} OP fcg ptr and RLOD - Kick L diag twd W & wall tk wt ball L ft, tk wt R ft, (Kick R diag twd M & wall tk wt ball R ft, tk wt L ft,)

7,8 34;1&23&4; {Underarm Turn} OP fcg ptr and RLOD - bk L, fwd & sd R to lady's right sd; swvl 1/4 RF to wall sd L/rec R trn 1/4 RF to RLOD, cl L to RLOD, [anchor] bk R under body/replace wt to L, sltly bk & replace wt to R; (OP fcg ptr and LOD - fwd R, fwd L trng 1/2 RF to LOD, bk L twd M & wall btw man's feet; swvl 1/2 RF on R to RLOD & rk bk L, rec to R, swvl 1/4 RF to wall & step sd L/XLIFL trng 1/4 RF to LOD, bk L well under body;)

A (Modified 1 - Measures 9-12 of A)

1-4 SIDE WHIP,, SURPRISE WHIP;;

1,2 123&4;123&4; {Side Whip} OP fcg ptr and LOD - bk L, fwd & sd R to lady's right sd, point the left foot to LOD/-,-; hold, rec L, [anchor] bk R under body/replace wt to L, sltly bk & replace wt to R; (OP fcg ptr and RLOD - fwd R, fwd L trn 1/2 RF to fc LOD, bk R/cl L to R, fwd R; fwd L, fdr R trn 1/2 LF to fc RLOD, [anchor] L ft bk under body/replace wt R, replace wt to L;)

3,4 123&4;123&4; {Surprise Whip} OP fcg ptr and LOD - bk L, fwd & sd R to lady's right side, swvl 1/4 RF to wall sd L/rec R trn 1/4 RF to RLOD, fwd L; rk fdr R, rec L, bk R under body/replace wt to L, replace wt to R; (OP fcg ptr and RLOD - fwd R, fwd L trng 1/2 RF to LOD, bk R/cl L to R, fwd R btw man's feet; swvl 1/2 RF on R to RLOD & rk bk L, rec to R, swvl 1/4 RF to wall & step sd L/XRIFL trng 1/4 RF to LOD, bk L well under body;)

C

1-12 ALTERNATING UNDERARM TURNS,, LEFT SIDE PASS TUCK & SPIN,, SWIVEL AWAY,, & TOGETHER,, TUMMY WHIP INTERRUPTED WITH SWEETHEARTS,, WHIP TURN,, WRAPPED WHIP;;

1,2 123&4;1&2 {Alternating Underarm Turns} OP fcg ptr and RLOD - bk L, fwd & sd R to lady's right sd, swvl 1/4 RF to fc COH then sd L/rec R trn 1/4 RF to fc WALL, sltly fdr L; fdr R trn 1/2 LF to fc RLOD/rec L trn 1/2 LF to fc LOD, bk R under body, (OP fcg ptr and LOD - fdr R, fdr L, strt LF trn sd & fdr R/cont LF trn to fc COH XLIF of R, cont LF trn to fc
RLOD stp bk R; [anchor] L bk under body/replace wt to R, replace wt to L. },

{ Left Side Pass With Tuck & Spin } OP fcg ptr and LOD - svl 1/4 LF to COH sd L, svl 1/4 LF to RLOD rec R; cl L to R/in place R, fwd L, [anchor] bk R under body/replace wt to L, sltly bk & replace wt to R; (OP fcg ptr and RLOD - fwd R, fwd L; svl 1/4 LF to wall sd R/cl L to R trn 1/4 LF to LOD, strtr RF trn to RLOD fwd R spin RF on R to fc LOD, [anchor] bk L under body/replace wt to R, replace wt to L;)

{ Swivel Away } OP fcg ptr and RLOD Fwd L & svl bk to bk ld hnds joined trail hnds pt up & away,. (OP fcg ptr and RLOD - fwd R & svl bk to bk ld hnds joined trail hnds pt up & away.,

{ And Together } Fwd L & svl to fc ld hnds joined trail hnds lower to side,. (Fwd R & svl to fc ld hnds joined trail hnds lower to side.,)

{ Tummy Whip Interrupted With Sweethearts } OP fcg ptr and RLOD - bk L, fwd & sd R to W's right side, swvl 1/2 RF on triple L/R, L to fc LOD behind & to L of W; fcng LOD W R arm around W waist stp R across L leg to COH raise L arm, tk wt R behind W, triple behind W R/L, R to her R sd; fcng LOD with L arm around W's waist stp L across R raising R arm, recover R, triple L/R, L; Stp fwd LOD R beg to make 1/2 RF trn twd W, continue L trng to fc W, triple R/L, R to fc W & RLOD; (Fwd R, fwd L, triple in place R/L, R; cross L behind R and raise R hnd behind head and put L hndn on hip, recover R, triple in place L/R, L; cross R behind L raise L hnd behind head and put R hnd on hip, recover L, triple in place R/L, R; Bk L, bk R, triple in place L/R, rejoin lead hands;)

{ Whip Trn } OP fcg ptr and RLOD - bk L, fwd & sd R to lady's right side, swvl 1/4 RF to COH sd L/rec R trn 1/4 RF to LOD, fwd L; XRIB of L trn 1/2 RF to RLOD, fwd R, [anchor] bk R under body/replace wt to R, replace wt to R; (OP fcg ptr and LOD - fwd R, fwd L trn fwd R btw 1/2 RF to RLOD, bk R/cl L to R, man's feet; Swvl 1/2 RF to LOD bk L, bk R, [anchor] bk L under body/replace wt to R, replace wt to L;)

{ Wrapped Whip } OP fcg ptr and RLOD - bk L, fwd & sd R to lady's right side, swvl 1/4 RF to COH sd L/rec R trn 1/4 RF to LOD, fwd L; XRIB of L to RLOD, fwd R, [anchor] br R under body/replace wt to R, replace wt to R; (OP fcg ptr and LOD - fwd R, fwd L, fwd R/cl L to R, bk R btw man's feet; bk L, bk R, [anchor] bk L under body/replace wt to R, replace wt to L;)

C (Modified)

1-12 SLOW SIDE BREAKS; QUICK SIDE BREAKS; ALTERNATING UNDERARM TRNS;; KICK BALL CHANGE;; TUMMY WHIP INTERRUPTED WITH SWEETHEARTS;; Whip Turn;; Wrapped Whip;;

1 1&-3&--; { Slow Side Breaks } OP fcg ptr and RLOD Wt on R push off R stp sd L [sml stp on & count] push off L stp sd R [sml stp on & count] end with both legs straight [Out/Out],,

Cl L twd R [on & count] Cl R to L [on & count] lwr sltly both knees [In/In],;

( OP fcg ptr and LOD Wt on L push off L stp sd R [sml stp on & count] push off R stp sd L [sml stp on & count] end with both legs straight [Out/Out],

Cl R twd L [on & count] Cl L to R [on & count] lwr sltly both knees [In/In],)

2 1&2&3&4&; { Quick Side Breaks } OP fcg ptr and RLOD Wt on R push off R stp sd L [sml stp on & count] push off L stp sd R [sml stp on & count] end with both legs straight [Out/Out],

Cl L twd R [on & count] Cl R to L [on & count] lwr sltly both knees [In/In], Repeat,;

( OP fcg ptr and LOD Wt on L push off L stp sd R [sml stp on & count] push off R stp sd L [sml stp on & count] end with both legs straight [Out/Out],

Cl R twd L [on & count] Cl L to R [on & count] lwr sltly both knees [In/In], Repeat,;)

3,4 123&4;1&2 { Alternating Underarm Turns } OP fcg ptr and RLOD - bk L, fwd & sd R to lady's right sd, swvl 1/4 RF to fc COH then sd L/rec R trn 1/4 RF to fc WALL, sltly fwd L; fwd R trn 1/2 LF to fc RLOD/rec L trn 1/2 LF to fc LOD, bk R under body, (OP fcg ptr and LOD - fwd R, fwd L, strtr LF trn sd & fwd R/cont LF trn to fc COH XLIF of R, cont LF trn to fc RLOD stp bk R; [anchor] L bk under body/replace wt to R, replace wt to L,)

4 3a4; { Kick Ball Change } OP fcg ptr and LOD - Kick L diag twd W & wall tk wt ball L ft, tk wt R ft, (Kick R diag twd M & wall tk wt ball R ft, tk wt L ft,)
5, 6 123&4; 123&4;  
{Tummy Whip Interrupted With Sweethearts} OP fcg ptr and LOD - bk L, fwd & sd R to W's right side, swvl 1/2 RF on triple L/R, L to fc R LOD behind & to L of W; fng R LOD W R arm around W waist stp R across L leg to WALL raise L arm, tk wt R behind W, triple behind W R/L, R to her R sd; fng R LOD with L arm around W's waist stp L across R raising R arm, recover R, triple L/R, L; Stp fwd twd R LOD R beg to make 1/2 RF trn twd W, continue L trng to fc W, triple R/L, R to fc W & LOD; (Fwd R, fwd L, triple in place R/L, R; cross L behind R and raise R hnd behind head and put L hnd on hip, recover R, triple in place L/R, L; cross R behind L raise L hnd behind head and put R hnd on hip, recover L, triple in place R/L, R; Bk L, bk R, triple in place L/R, rejoin lead hands;)  
5, 6 3&4; 123&4;  
triple time behind W; stp R to wall, recover L, triple time;  
7, 8 123&4; 123&4;  
Stp L cntr, recover R, triple time behind W; Stp R Ws L Sd, Stp L fc, triple time;  
9, 10 123&4; 123&4;  
(Whip Trn) OP fcg ptr and LOD - bk L, fwd & sd R to lady's right side, swvl 1/4 RF to WALL sd L/rec R trn 1/4 RF to R LOD, fwd L; XRIB of L to LOD, fwd L, [anchor] bk R under body/replace wt to L, replace wt to R; (OP fcg ptr and R LOD - fwd R, fwd L trn fwd R btw 1/2 RF to LOD, bk R/cl L to R, man's feet; Swvl 1/2 RF to R LOD bk L, bk R, [anchor] bk L under body/replace wt to R, replace wt to L;)  
11, 12 123&4; 123&4;  
(Wrapped Whip) Bk L, fwd R raise lead hnds over W's head, triple bhnd W connect trail hnds & to her L sd L/R, L; Stp R ft release trail hands, L ft 1/4 trn R fc twd W, complete trn to fc on triple R/L, R;  
11, 12 123&4; 123&4;  
(Wrapped Whip) OP fcg ptr and LOD - bk L, fwd & sd R to lady's right side, swvl 1/4 RF to WALL sd L/rec R trn 1/4 RF to R LOD, fwd L; XRIB of L to LOD, fwd L, [anchor] bk R under body/replace wt to L, replace wt to R; (OP fcg ptr and R LOD - fwd R, fwd L, fwd R/cl L to R, bk R btw man's feet; bk L, bk R, [anchor] bk L under body/replace wt to R, replace wt to L;)  

A (Repeat)

1-12  SUGAR PUSH;,, LEFT SIDE PASS;;, MAN'S UNDERARM TURN;,, SUGAR TUCK & SPIN TO "L" POSITION HNDSHKE;;, RIGHT SIDE PASS TO LEAD HANDS,, KICKBALL CHANGE,, SIDE WHIP;;, SURPRISE WHIP;;

D

1-8 UNDERARM TURN TO TRIPLE TRAVELER WITH ROLL WITH LEFT HANDS ON TOP;;;;, BASKET WHIP TO LEAD HANDS;;;;, CHEEK TO CHEEK;;;;

1, 2 123&4; 1&2  
{Underarm Turn To Triple Traveler with Roll} OP fc LOD ld hnds joined - bk L, bk R, tk W's R hd over head for LF underarm 1/4 trn on triple to fc WALL cls L to R/sde R [both in tandem fc WALL w/W in front of M], on thrd stp of triple step L in place to fc WALL tch R hnd to W's R hnd; maintaining hnd touch triple again stp sde R/close L to R, sde R & pivot 1/2 trn to fc COH [which starts the roll], step pivot twice more - sde L & pivot 1/2 trn to fc WALL sde R & pivot 1/2 trn to fc COH [3 step pivots are done in a continuous motion making 1 1/2 rolls] retouch L hnds; [there are now 3 triples to R LOD with chngng fcings] triple stp - sde L/close R to L, sde L & pivot 1/2 trn to fc WALL retouch R hnds triple again - stp sde R/close L to R, sde R & pivot 1/2 trn to fc COH retouch R hnds triple stp - sde L/close R to L, [this next stp starts a L fc roll] sde L & pivot 1/2 trn to fc WALL sde R & pivot 1/2 trn to fc COH, sde L & pivot 1/4 trn to fc W & R LOD; triple in place R/L, R, (OP fc R LOD ld hnds joined - fwd R, fwd L, tk R hd over head for LF underarm 1/4 trn on triple to fc WALL sde R/cl L [both in tandem fc WALL w/W in front of M], on thrd stp of triple step sde R & pivot 1/2 trn to fc COH tch R hnd to M's R hnd; maintaining hnd touch triple again stp sde L/close R to L, sde L & pivot 1/2 trn to fc WALL which starts the roll], step pivot twice more - sde R & pivot 1/2 trn to fc COH, sde L & pivot 1/2 trn to fc WALL [3 step pivots are done in a continuous motion making 1 1/2 rolls] retouch L hnds; [there are now 3 triples to R LOD with chngng fcings] triple stp - sde R/close L to R, sde R & pivot 1/2 trn to fc COH, retouch R hnds triple again -
stp sde L/close R to L, sde L & pivot 1/2 trn to fc WALL; retouch L hnds triple stp - sde R/close L to R, [this next stp starts a L fc roll] sde R & pivot 1/2 trn to fc COH, sde L & pivot 1/4 trn to fc M & LOD [this stp may not get fully around to fc M], sde R to fc M; triple in place L/R, L.)

5,6 34;1&2 {Basket Whip} Fc ptrn and RLOD - Bk L, fwd XRIF of L trng RF 1/2 behind W's right side, [triple] sd L bring L arm over W head into varsou/clse R to L, tk wt L; Stp fwd to LOD R, trn 1/2 to fc W & RLOD & sde L [M's hnds begin to recross with R hnd on top], [triple] clse R to L/ tk wt L [let loose both hnds], tk wt R [reconnect R hnd with W's R hnd] still fc LOD; (OP fcg ptr and LOD hnds crossed in frnt L over right connecting hnds with M R with R and L with L - fwd R raising hnds, fwd L hnds almost uncrossed, [triple] close R to L/tk wt L hnds are in varsou, tk wt R; bk L [W hnds begin to recross with R hnd on top], bk R, [triple] clse L to R/ tk wt R [let loose both hnds], tk wt L [reconnect R hnd with M's L hnd] still fc LOD;)

6,7 34;1&2 {Basket Whip} Fc ptrn and RLOD - Bk L, fwd XRIF of L trng RF 1/2 behind W's right side, [triple] sd L bring L arm over W head into varsou/clse R to L, tk wt L; Stp fwd to LOD R, trn 1/2 to fc W & RLOD & sde L [M's hnds begin to recross with R hnd on top], [triple] clse R to L/ tk wt L [let loose both hnds], tk wt R [reconnect R hnd with W's R hnd] still fc LOD; (OP fcg ptr and LOD hnds crossed in frnt L over right connecting hnds with M R with R and L with L - fwd R raising hnds, fwd L hnds almost uncrossed, [triple] close R to L/tk wt L hnds are in varsou, tk wt R; bk L [W hnds begin to recross with R hnd on top], bk R, [triple] clse L to R/ tk wt R [let loose both hnds], tk wt L [reconnect R hnd with M's L hnd] still fc LOD;)

7,8 34;23&4; {Cheek to Cheek} OP fcg ptr and RLOD - Bk L, fwd R; strt RF spin to face wall [don't let go of lead hnds] cont RF spin on R, fwd L trn 1/2 LF to RLOD R, [anchor] R bk under body/replace wt to L, replace wt to R; (OP fcg ptr and LOD - fwd R, fwd L; strt LF spin to COH cont LF spin on L to RLOD, fwd R trn 1/2 RF to LOD, [anchor] L bk under body/replace wt to R, replace wt to L;)

A (Modified 2 - Measures 9-12 of A plus Point)

1-4 SIDE WHIP;; SURPRISE WHIP & POINT;;,

1,2 123&4;123&4; {Side Whip} OP fcg ptr and LOD - bk L, fwd & sd R to lady's right sd, point the left foot to LOD/-,-; hold, rec L, [anchor] bk R under body/replace wt to L, sittly bk & replace wt to R; (OP fcg ptr and RLOD - fwd R, fwd L trn 1/2 RF to fc LOD, bk R/cl L to R, fwd R; fwd L, fwd R trn 1/2 LF to fc RLOD, [anchor] L ft bk under body/replace wt R, replace wt to L;)

3,4 123&4;123&4; {Surprise Whip} OP fcg ptr and LOD - bk L, fwd & sd R to lady's right side, swvl 1/4 RF to wall sd L/rec R trn 1/4 RF to RLOD, fwd L; rk fwd R, rec L, bk R under body/replace wt to L, replace wt to R; (OP fcg ptr and RLOD - fwd R, fwd L trng 1/2 RF to LOD, bk R/cl L to R, fwd R btw man's feet; swvl 1/2 RF on R to RLOD & rk bk L, rec to R, swvl 1/4 RF to wall & step sd L/XRIFL trng 1/4 RF to LOD, bk L well under body;)

5 1-- {& Point} Both pt lead feet to partner, hold [raise trail hnds in air on last 2 beats];,