



# My Heroes Have Always Been Cowboys

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Phrased, 4 wall, Intermediate level

Choreographer: John Wilson (NI) Aug 06  
Choreographed to: My Heroes Have Always Been Cowboys by Willie Nelson, Album: Essential Willie Nelson Or 16 Biggest Hits (116 bpm)

A = 24 Counts B = 24 Counts

Sequence : AAAA (Round The 4 Walls) , BB ,Tag 1 , AAAA , BB,Tag 2.

## Right Twinkle, Left Twinkle. Step 1/2 Turn Step X 2

- 1-3 Cross Right Foot Over Left , Step Left To Side, Step Right Together
- 4- 6 Cross Left Foot Over Right, Step Right To Side, Step Left Together.
- 7- 9 Step Forward On Right, Step Forward On Left Pivot ½ Turn Right, Step Forward On Right.
- 10-12 Step Forward On Left, Step Forward On Right Pivot ½ Turn Left, Step Forward On Left.

## Step Lock Step X 2, Step ¼ Turn, Pivot ½ Turn Step, Pivot ½ Turn Slide , Hold.

- 1-3 Step Diagonally To Right With Right Foot, Lock Left Behind Right, Step Right Diagonally To Right.
- 4 –6 Step Left Foot Diagonally To Left, Lock Right Behind, Step Left Diagonally To Left.
- 7-9 Step Right Foot ¼ Turn Right, Step Forward On Left Pivot ½ Turn Right, Step Forward On Right.
- 10 –12 Step Forward On Left Foot Pivot ½ Turn Right, Slide Right Beside Left , Hold.

Repeat Part A 4 Times (Once To Each Wall)

## Step Slide Hold X 4.

- 1-3 Step Out Long Diagonally On Right Foot Making ¼ Turn Right, Slide Left Beside Right , Hold.(Facing 3 .00)
- 4-6 Step Back Diagonally On left Making ¼ Turn Right, Slide Right Beside Left, Hold. (Facing 6.00)
- 7-9 Step Out Long Diagonally On Right Foot Making ¼ Turn Right, Slide Left Beside Right, Hold (Facing 9 .00)
- 10 –12 Step Back Diagonally On Left Making ¼ Turn Right, Slide Right Beside Left, Hold (Facing 12.00)

## Twinkle Step X 2,Cross Step 1 ½ Turn, Step Slide Hold.

- 1 – 3 Cross Right Foot Over Left, Step Left To The Side, Step Right Together.
- 4 – 6 Cross Left Foot Over Right, Step Right To The Side, Step Left Together
- 7 –9 Cross Right Over Left, Step Left Beside Right Making ¼ Turn Right, Step Right Foot ¼ Turn right To Right Side.
- 10 –12 Step Left To Left Side, Slide Right Beside Left, Hold.

Repeat Part B

After Completing Part B X2 For The First Time

## Tag 1 : Crossing Twinkle X2

- 1-3 Cross Right Over Left , Step Left To The Side, Step Right Together.
  - 4-6 Cross Left Over Right, Step Right To The Side , Step Left Together.
- Start Part A Again

After Completing Part B X2 For The Second Time

## Tag 2 :Repeat Part B Section 2,Back Back, Curtsey.

- 1-12 Repeat Part B Section 2.
- 2 –3 Step Back On Right, Slide Left Beside Right, Hold.
- 4-6 Step Back On Left, Slide Right Beside Left, Hold.
- 7 Put Right Toe Behind Left Foot, Bend Knees And Slowly Curtsey To End Dance.