

# 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.

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**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)

**LENGTH:** 3:25

**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 HANDSHAKE;; RIGHT SIDE PASS TO LEAD HANDS;; KICKBALL CHANGE;; SIDE WHIP;; SURPRISE WHIP;;**

- |       |              |   |
|-------|--------------|---|
| 1,2   | 12-4;1&2     | {Sugar Push} OP fcg ptrn and LOD - bk L, bk R, tap L, fwd L; [anchor] R bk under body/replace wt to L, replace wt to R, (OP fcg ptrn and RLOD - fwd R, fwd L, tap R bhnd L, bk R; [anchor] L bk under body/replace wt to R, replace wt to L,)   |
| 2,3   | 34; 1&23&4;  | {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   | 1234; 1&2    | {Mans Underarm Turn} OP fcg ptr 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 ptr 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] bk L under body/replace wt to R,)  |
| 5,6   | 34;-23&4;    | {Sugar Tuck & Spin to 'L' Position Handshake} OP fcg ptr 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 ptr 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   | 123&4;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 cont LF trn to COH, contg LF trn to RLOD bk R; [anchor] L bk under body/replace wt to R, replace wt to L,   |
| 8     | 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  | 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, fwd R trn 1/2 LF to fc RLOD, [anchor] L ft bk under body/replace wt R, replace wt to L;)   |
| 11,12 | 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;) |

**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;;**

**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, sltly fwd L, (anchor) bk R under body/replace wt to L, sltly bk & replace wt to R; (OP fcg ptr and LOD - fwd R, fwd L; swvl 1/8 LF to DRC sd & fwd R/XLIF of R trn 1/8 LF to wall, swvl 1/4 LF to LOD bk R, (anchor) bk L under body/replace wt to R, replace wt to L;)

**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, 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;)

**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 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, strt 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,)
- 2,3 34; -23&4; {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, strt 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;)
- 4 1- {Swivel Away} OP fcg ptr and RLOD Fwd L & svl bk to bk ld hnds joined trail hnds pt up & away,, (OP fcp ptr and RLOD Fwd R & svl bk to bk ld hnds joined trail hnds pt up & away,,
- 4 3- {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,,)
- 5,6 123&4;123&4; {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 behnd & 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 twd 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 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;)
- 7,8 123&4;123&4;
- 9,10 123&4;123&4; {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 L, [anchor] bk R under body/replace wt to L, 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;)
- 11,12 123&4;123&4; {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 L, [anchor] bk R under body/replace wt to L, 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],, CI L twd R [on & count] CI 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],, CI R twd L [on & count] CI 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], CI L twd R [on & count] CI 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], CI R twd L [on & count] CI 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, strt 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  
7,8 123&4;123&4; W's right side, swvl 1/2 RF on triple L/R, L to fc RLOD behnd & to L of W; fcng RLOD 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; fcng RLOD with L arm around W's waist stp L across R  
raising R arm, recover R, triple L/R, L; Stp fwd twd RLOD 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 RLOD, fwd L; XRIB of L trn 1/2 RF to LOD, fwd L, [anchor]  
bk R under body/replace wt to L, replace wt to R; (OP fcg ptr and RLOD - 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 RLOD 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 RLOD, 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 RLOD - 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  
2,3,4 34;1&23&4;1&2 R hd over head for LF underarm 1/4 trn on triple to fc WALL cls L to R/sde R [both in  
4,5 34;1&2 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 RLOD with  
chnngng 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 & RLOD;  
triple in place R/L, R, (OP fc RLOD ld hnds joined - fwd R, fwd L, tk R hd over head  
for LF underarm 1/4 trn on triple to fc WALL sd 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 RLOD 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 ptr and RLOD - Bk L, fwd XRIF of L trng RF 1/2 behind W's right side,  
 6,7 34;1&2 [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 L, [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, 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, 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],,