

You Ain't a Cowboy

Count: 32

Wall: 2

Level: Intermediate

Choreographer: Lu Olsen (AUS) & Stephen Paterson (AUS) - March 2026

Music: You Ain't A Cowboy - Lauren Alaina

2 short walls / Easy Tags

Quick start on word 'DIFFERENCE; (There's a Difference.....)

[1-8&a] Fwd/sweep, Cross, Side, Side, Fwd/drag, Back, Back, Lock over, Back/sweep, Full turn R Sailor on spot (Opt: R Sailor), Back/sweep, Behind, 1/8th fwd, Fwd

- 1, Step L fwd/sweep R,
- 2 & a, Cross R over L, Step L to Left, Replace weight onto Right,
- 3, Rock/Step L fwd/drag R, 12.00
- 4 & a, Step R back, Step L back, Lock R over L,
- 5, Step L back/sweep R, 12.00
- 6 & a, Full R turning Right sailor on spot (Step R behind L, 1/4 turn R stepping L in place, 1/2 turn R stepping R in place, then turn 1/4 R ready for count 7)
Easier Option: Right sailor (Step R behind L, Step L to Left, Step R to Right)
- 7, Step L back/sweep R,
- 8 & a Step R behind L, 1/8th Left turn & step L fwd, Step R fwd 10.30

[9-16&a] Fwd/drag, Back, 1/2 fwd, Fwd, Fwd, 1/4 turn Cross Samba, Cross 1/4, Fwd 1/4, Fwd 3/8th, Fwd, Tog, Back

- 1, Step L fwd/drag R, 10.30
- 2 & a, Step R back, 1/2 Left turn & step L fwd, Step R fwd,
- 3, Step L fwd 4.30
- 4 & a (1/4 R turn R Cross samba): Cross R over L, Step L to left, 1/4 R turn & step R fwd 7.30
- 5, Step L slight over R/ lift R & 1/4 Left turn, 4.30
- 6, Step R fwd/lift L & 1/4 Right turn 7.30
- 7, Step L fwd/lift R & 3/8th Left turn 3.00
- 8 & a Step R fwd, Step L beside R, Step R back 3.00

[17-24&a] Back, R Sailor, Back, Behind, Side, Cross, Sway L, Sway R, Sway L, 1/14 R turn

- 1, Step L back/Sweep R behind L, 3.00
- 2 & a Step R behind L, Step L to Left, Step R to Right 3.00
- 3, * Step L back/Sweep R behind L* 3.00
- 4 & a Step R behind L, Step L to Left, Cross R over L 3.00
- 5, 6, 7, Step L to Left & sway to Left, Sway R to Right, Sway L to Left/opt: Look to Left 3.00
- 8 & a # (1 1/4 R turn) 1/4 Right turn & step R fwd, 1/2 Right turn & step L back, 1/2 Right turn & step R fwd 6.00
- 1, 2, Walls 1 & 3 ONLY- Add 2 walks fwd stepping L, R, Restart to 6.00

[25-32a] Fwd/drag, Fwd Coaster, Back/drag, Coaster, Fwd, 1/2 pivot, Fwd, Fwd, 1/2 pivot, Fwd

- 1, Step L fwd/drag R,
- 2 & a, (Fwd Coaster) Step R fwd, Step L tog, Step R back,
- 3, Step L back/drag,
- 4 & a (R Coaster) Step R back, Step L tog, Step R fwd
- 5, 6 a Step L fwd, 1/2 Right pivot turn (wght on R), Step L slightly fwd,
- 7, 8 a Step R fwd, 1/2 Left pivot turn (wght on L), Step R slightly fwd

SHORT WALLS: (Tags easy to hear) WALLS 1 & 3 dance to count 24&a and ADD the 2 count TAG 1 to 6.00:

TAG 1: Walk, Walk

- 1, 2 Step L fwd, Step R fwd

At the end of WALL 2 dance to the end and add the 4 count TAG 2 to 12.00

TAG 2: Fwd Drag, Right Fwd Coaster, Back Drag, Right Coaster

- 1, 2 & a Step L fwd/drag R, Step R fwd, Step L tog, Step R back
- 3, 4 & a Step L back/drag R, Step R back, Step L tog, Step R fwd

At end of WALL 5 add the 2 count TAG 1 to 6.00

ENDING: Last WALL 7 Dance to count 19* then ADD:

- 4 & a, 5 Step R behind L, 1/4 Left turn & step L fwd, Step R fwd, Step L fwd/drag.... to finish to 12.00

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