

[Back](#)

## **Bowleggin'**

**Choreographed by Barry and Tamela Baker**

**Description:** 64 Counts, 4 Walls, Intermediate/Advanced

**Music:** "Bad Loser" (Joy Lynn White)  
"Sea of Cowboy Hats" (Chely Wright)  
"Anyway the Wind Blows" (Brother Phelps)

**(1-8) Heel-toe splits**

- 1 With weight on balls of both feet, spread heels out
- 2 Bring heels in
- 3 Spread toes out
- 4 Bring toes in
- 5-8 Repeat steps 1-4

**(9-16): Split/hops, heel split, clap twice**

- & With body angled L, lean back on R foot and extend L heel fwd
- 1 Bring both feet to center
  - 2 Hop slightly forward, stomping both feet
- & With body angled to R, lean back on L foot and extend R heel fwd
- 3 Bring both feet to center
  - 4 Hop slightly forward, stomping both feet
  - 5 With weight on balls of both feet, spread heels out
  - 6 Bring heels in
  - 7-8 Clap hands twice

**(17-24): Pinball hops**

- & Hop forward at a right diagonal on R foot
- 1 Touch L toe beside R foot
  - 2 Hold
- & Hop forward at a left diagonal on L foot
- 3 Touch R toe beside L foot
  - 4 Hold
  - 5-8 Repeat steps &1-4

**(25-32): Grapevine right with hook, Grapevine left with brush (1/4 turn left)**

- 1-3 Vine R (step R to right, step L behind, step R to right)
- 4 Hook L foot in front of R leg
- 5-7 Vine L (step L to left, step R behind, step L to left w/ 1/4 turn L)
- 8 Finishing 1/4 turn L, brush R foot forward

**(33-40): Toe-heel cross-walks with finger snaps**

- 1 Cross R toe in front of L foot (raise hands to shoulder level)
- 2 Lower R heel to floor (and snap fingers as you drop hands)
- 3 Touch L toe to L side with heel off floor (raise hands to shoulder level)
- 4 Lower L heel to floor (and snap fingers as you drop hands)
- 5-8 Repeat steps 1-4

**(41-48): Kicks, rock-step, pivot turn, stomp, stomp**

- 1 Kick R foot forward and bend R knee slightly

- 2 Kick R foot forward again
- 3 Rock back on R foot
- 4 Step forward onto L foot (recover)
- 5 Step R foot forward
- 6 Pivot 1/2 turn to L on R foot and step down on L foot
- 7 Stomp R foot forward
- 8 Stomp L foot next to R foot

**(49-56): "Bowleggin'"**

- 1 Touch R toe fwd, "bowing" knee to R (bow knee in a 1/4 circle right)
- 2 "Bow" R knee back to center and straighten, putting weight on R foot
- 3 Touch L toe fwd, "bowing" knee to L (bow knee in a 4 circle left)
- 4 "Bow" L knee back to center and straighten, putting weight on L foot
- 5-8 Repeat steps 1-4

**(57-64): Heel touches with Monterey spins**

- 1 & Touch R heel in front twice
- 2 Touch R toe out to right
- 3 Swing R foot to R as you make 1/4 turn to right
- 4 Step down on R foot
- 5 & Touch L heel in front twice
- 6 Touch L toe out to left
- 7 Swing L foot to L as you make 1/4 turn to left
- 8 Step down on L foot

**BEGIN AGAIN!**