



COUNTRY PLUS

John & Freida Utzig
(815)389-3366

Website: www.countryplus.org
E-mail: utzig@countryplus.org

Specializing in
Line Dancing &
Couples Flow Dancing
To All Types of Music

- Weekly Classes
- Weekly Dances
- Beginner Lessons
- Intermediate Lessons
- Partner Lessons
- D.J. Service

Cheyenne Woman

Choreographed by
Description

Arne Stakkestad
48 count, beginner/intermediate polka partner/circle dance
Man inside of circle, facing lady. Man's right hand on lady's hip.
Lady's left hand on man's right shoulder.
Man's left hand in lady's right hand at shoulder level
Music
Be My Cheyenne Woman - Rene Guylline
I'm Going To Jackson - Johnny Cash & June Carter [Polka]

Music

	MAN:	LADY:
	SIDE TOE STRUT, CROSS TOE STRUT TWICE	
1-8	Step left toe to side, drop left heel, cross right toe over left, drop right heel, step left toe to side, drop left heel, cross right toe over left, drop right heel	Step right toe to side, drop right heel, cross left toe over right, drop left heel, step right toe to side, drop right heel, cross left toe over right, drop left heel
	¼ TURN AND SHUFFLE X 4 (FULL TURN)	
9&10	Turn ¼ left and shuffle forward left, right, left <i>Man's left arm in front. Lady's right arm in front</i>	Turn ¼ right and shuffle forward right, left, right
11&12	Turn ¼ left and shuffle side right, left, right <i>Hands loose</i>	Turn ¼ right and shuffle side left, right, left
13&14	Turn ¼ left and shuffle back left, right, left	Turn ¼ right and shuffle back right, left, right
15&16	Turn ¼ left and shuffle side right, left, right <i>Back in start position</i>	Turn ¼ right and shuffle side left, right, left
	DIAGONAL SHUFFLES X 4	
17&18	Shuffle diagonally forward left, right, left	Shuffle diagonally back right, left, right
19&20	Shuffle diagonally forward right, left, right	Shuffle diagonally back left, right, left
21&22	Shuffle diagonally back right, left, right	Shuffle diagonally forward right, left, right
23&24	Shuffle diagonally back left, right, left	Shuffle diagonally forward left, right, left
	SIDE STEP, KICK, SIDE STEP, KICK, ROCKING CHAIR	
25-26	Step Lt to side, kick right diagonally fwd <i>Clap lady's right hand to man's right hand</i>	Step Rt to side, kick left fwd (<i>between man's legs</i>)
27-28	Step right to side, kick left diagonally forward <i>Clap lady's left hand to man's left hand</i>	Step Lt to side, right kick Fwd (<i>between man's legs</i>)
29-32	Rock left forward, recover to right, rock left back, recover to right	Rock right back, recover to left, rock right forward, recover to left
	WALK FULL TURN SIDE BY SIDE, SIDE SHUFFLES	
33-36	Step left forward (man's right shoulder against lady's right shoulder), turn ¼ right and step right forward, turn ¼ right and step left forward, turn ¼ right and step right forward	Step right forward (lady's right shoulder to man's right shoulder), turn ¼ right and step left forward, turn ¼ right and step right forward, turn ¼ right and step left forward
37&38	Turn ¼ right (back in start position) and shuffle to side left, right, left,	Turn ¼ right (back in start position) and shuffle to side right, left, right,
39&40	Shuffle to side right, left, right	Shuffle to side left, right, left
	SHUFFLE ½ TURN X 4, MOVE FORWARD IN LINE OF DANCE (POLKA TURNS AROUND EACH OTHER)	
41&42	Shuffle forward turning ½ right stepping left, right, left	Shuffle forward turning ½ right stepping right, left, right
43&44	Turn ½ right and shuffle forward right, left, right	Turn ½ right and shuffle forward left, right, left
45&46	Turn ½ right and shuffle forward left, right, left	Turn ½ right and shuffle forward right, left, right
47&48	Turn ½ right and shuffle forward right, left, right	Turn ½ right and shuffle forward left, right, left
	<i>During those shuffles you move toward LOD and dance around each other</i> <i>Turn ½ right (back in start position) to restart the dance</i>	
	REPEAT	
	ENDING	
	At the end of the song, after the toe struts (counts 1-8) there is 1 count left ¼ turn and step forward and touch left arm man and right arm lady forwards	