Cowboy Casanova by Carrie Underwood

10/31/26

Entire routine is split Right/Left

START FORMATION: **Columns** - Walk to start position upstage hand on hip, SPLIT, facing other group.

Formation 1: COLUMNS																		
Audience (Down Stage)																		
L	**8**	**7**	**6**	**5**	**4**	**3**	**2**	**1**	**0**	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**R**
1		10		8										7		5		**1**
2		12		9										6		3		**2**
3		14		11										4		1		**3**
4		13		16										15		2		**4**

[Intro]
2x8: Instrumental
1-8: Upstage pom on hip, Shimmy other pom in Low V; **1-8** Shimmy roll up downstage pom to High V

MOVE TO FORMATION: **Wings** - Lasso & March

LASSO
1x8:Oh, oh
1-4: Lasso - STAGE RIGHT #1-7,15: circle High V arm *counterclockwise* - **1** in, **2** out, **3** in, **4** out bending knees down on the in, up on the out, left pom on hip
1-4: Lasso - STAGE LEFT #8-14,16: circle Left High V arm *clockwise* - right pom on hip
5-8: ROW 1 March to positions, then hold; ALL Knock High V pom to 4 count
1x8:Oh, oh
1-4: Lasso High V arm; **5-8:** ROWS 1 & 2 March to positions, then hold, ALL Knock High V pom to 4 count
1x8:Oh, oh
1-4: Lasso High V arm; **5-8:** ALL March to positions, then hold, ALL Knock High V pom to 4 count

Formation 2: WINGS																		
Audience (Down Stage)																		
L	**8**	**7**	**6**	**5**	**4**	**3**	**2**	**1**	**0**	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**R**
1						10		8		7		5						**1**
2				12			9				6			3				**2**
3		14			11								4			1		**3**
4			13			16						15			2			**4**

[Verse 1]

TURN & PUNCH

1x8: (1) You better take it from

1,2 turn to face forward, Punch high V arm down to Low V, step same side foot down

3,4 hip arm punch Punch to Low V, step same side foot down, feet together

STAGE RIGHT - **5** Half Inverted T right; **6** T right; **7** Half Inverted T left; **8** T left

STAGE LEFT - **5** Half Inverted T left; **6** T left; **7** Half Inverted T right; **8** T right

LOW V RIPPLE (OUT - 3 GROUPS) Music Cut 02

1x8: me, that boy is like a dis-

1,2: ALL Inverted T; Hold Inverted T while waiting for count; *on count* Low V, pop knee, hold

Group 1: **3,4** #6,7 right knee; #8,9 left knee

Group 2: **5,6** #4,5,15 right knee; #10,11,16 left knee

Group 3: **7,8** #1,2,3 right knee; #12,13,14 left knee

PUNCHOUT

1x8: -ease, (instrumental) You're

Punchout with Jazz Square:

STAGE RIGHT: **1,2** Right Punch forward, step right foot forward; **3,4** Left Punch forward, cross left foot over right; **5,6** T, step right foot back to previous position; **7,8** arms down to Low V, step left foot back next to right

STAGE LEFT: **1,2** Left Punch forward, step left foot forward; **3,4** Right Punch forward, cross right foot over left; **5,6** T, step left foot back to previous position; **7,8** arms down to Low V, step right foot back next to left

SHIMMY MARCH - UP & BACK

1x8: runnin' and tryin' and tryin' to hide and you're wondering why you can't get

March small steps one row *forward*, Shimmy roll poms up to Goal Post

1x8: free (instrumental) He's like a curse; he's like a

March small steps one row *back*, Shimmy roll poms down to Low V

*Poms should be at T position at counts **4**

V-STEP RIPPLE (IN - 3 GROUPS)

1x8: drug, You get addicted to his

Group 3 **#1,2,3,12,13,14**: V-Step - go on **1,2**

STAGE RIGHT: #1,2,3 - **1** right arm High V, step right foot forward and diagonal right; **2** left arm High V, step left foot forward and diagonal left; **3** right arm to right hip, step right foot back to previous position; **4** left arm to left hip, step left foot back next to right; **5-8** HOLD with hands on hips

STAGE LEFT: #12,13,14 - **1** left arm High V, step left foot forward and diagonal left; **2** right arm High V, step right foot forward and diagonal right; **3** left arm to left hip, step left foot back to previous position; **4** right arm to right hip, step right foot back next to left; **5-8** hold with hands on hips

Group 2 #4,5,10,11,15,16 : V-Step - *go on **3,4***

STAGE RIGHT: #4,5,15 - **1,2** hold arms to side; **3** right arm High V, step right foot forward and diagonal right; **4** left arm High V, step left foot forward and diagonal left; **5** right arm to

right hip, step right foot back to previous position; **6** left arm to left hip, step left foot back next to right; **7,8** hold with hands on hips

STAGE LEFT: #10,11,16 - **1,2** hold arms to side; **3** left arm High V, step left foot forward and diagonal left; **4** right arm High V, step right foot forward and diagonal right; **5** left arm to left hip, step left foot back to previous position; **6** right arm to right hip, step right foot back next to left; **7,8** hold with hands on hips

Group 1 #6,7,8,9: V-Step - go on **5,6**

STAGE RIGHT: #6,7 - **1-4** hold arms to side; **5** right arm High V, step right foot forward and diagonal right; **6** left arm High V, step left foot forward and diagonal left; **7** right arm to right hip, step right foot back to previous position; **8** left arm to left hip, step left foot back next to right

STAGE LEFT: #8,9 - **1-4** hold arms to side; **5** left arm High V, step left foot forward and diagonal left; **6** right arm High V, step right foot forward and diagonal right; **7** left arm to left hip, step left foot back to previous position; **8** right arm to right hip, step right foot back next to left

SEXY HIPS MAMBO

1x8: love, (instrumental) You

STAGE RIGHT: **1-4:** start Right Forward Mambo (Sexy Hips) - poms remain on hips, **1** step right foot forward transferring weight to right; **2** shift weight to left; **3,4** right foot next to left, hold

5-8: start Left Forward Mambo (Sexy Hips) - poms remain on hips, **5** step left foot forward transferring weight to left; **6** shift weight to right; **7,8** left foot next to right, hold

STAGE LEFT: **1-4:** Left Forward Mambo (Sexy Hips) - poms remain on hips, **1** step left foot forward transferring weight to left; **2** shift weight to right; **3,4** left foot next to right, hold

5-8: Right Forward Mambo (Sexy Hips) - poms remain on hips, **5** step right foot forward transferring weight to right; **6** shift weight to left; **7,8** right foot next to left, hold

MOVE TO FORMATION: **Frog** - Rocking Z-Step

ROCKING Z-STEP

1x8: wanna get out, but he's holding ya down 'cause you can't live without one more

Rocking Z-Step to new formation, then in place:

STAGE RIGHT:

Feet: **1** step *right* forward/back; **2** touch left foot next to right; **3** step left forward/back; **4** touch right foot next to left; repeat to new position and continue in place

Arms: bending elbows, swinging poms to shoulders **1** right, **2** extend down almost to thighs, **3** left, **4** extend forward/down; **5-8:** Repeat

STAGE LEFT:

Feet: **1** step *left* forward/back; **2** touch right foot next to left; **3** step right forward/back; **4** touch left foot next to right; repeat to new position and continue in placeArms: bending elbows, swinging poms to shoulders **1** left, **2** extend down almost to thighs, **3** right, **4** extend forward/down; **5-8:** Repeat

1x8: touch (instrumental) He's a

Rocking Z-Step to new formation, then in place

Formation 3: FROG																		
Audience (Down Stage)																		
L	**8**	**7**	**6**	**5**	**4**	**3**	**2**	**1**	**0**	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**R**
1					11								4					**1**
2		14		12		10						5		3		1		**2**
3			13		16		9				6		15		2			**3**
4								8		7								**4**

[Chorus 1]

LOW V MAMBO & HIGH V PIVOT TURN Music Cut 03
1x8: (1) good time cowboy Casanova leaning
1x8: up against the record machine

Low V Mambo & High V Pivot Turn
STAGE RIGHT #1-4,15:
Mambo - **1,2** right forward mambo, Low V; **3,4** step together, Inverted T; **5,6** left forward mambo, Low V; **7,8** step together, Inverted T
Pivot - **1,2** right foot forward, High V; **3,4** half pivot turn left, Inverted T; **5,6** right foot forward, High V; **7,8** half pivot turn left, Inverted T
STAGE LEFT #11-14,16:
Mambo - **1,2** left forward mambo, Low V; **3,4** step together, Inverted T; **5,6** right forward mambo, Low V; **7,8** step together, Inverted T
Pivot - **1,2** left foot forward, High V; **3,4** half pivot turn right, Inverted T; **5,6** left foot forward, High V; **7,8** half pivot turn right, Inverted T

Pivot Turn & Low/High Mambo
STAGE RIGHT # 5-7:
Pivot - **1,2** right foot forward, High V; **3,4** half pivot turn left, Inverted T; **5,6** right foot forward, High V; **7,8** half pivot turn left, Inverted T
Mambo - **1,2** right forward mambo, Low V; **3,4** step together, Inverted T; **5,6** left forward mambo, Low V; **7,8** step together, Inverted T
STAGE LEFT #8-10:
Pivot - **1,2** left foot forward, High V; **3,4** half pivot turn right, Inverted T; **5,6** left foot forward, High V; **7,8** half pivot turn right, Inverted T
Mambo - **1,2** left forward mambo, Low V; **3,4** step together, Inverted T; **5,6** right forward mambo, Low V; **7,8** step together, Inverted T

DIAGONAL
1x8: (He 1) looks like a cool drink of water but he's
Diagonal - moving OUT High V points out, moving IN High V points in
STAGE RIGHT #1-7,15: **1-4** OUT *angled to front right corner of stage*, right foot step, together, step, touch; **5-8** IN move back to starting position, left foot step, together, step, touch

STAGE LEFT #8-14,16: **1-4** OUT *angled to front left corner of stage*, left foot step, together, step, touch; **5-8** IN move back to starting position, right step, together, step, touch

ROCKING CHAIR

1x8: candy-coated misery he's the

Rocking Chair Sway

STAGE RIGHT #1-7,15: *angled to front right corner of stage*

Feet: **1** step right foot forward, **2** shift weight to left, **3** step right foot back, **4** shift weight to left,

Arms: bending elbows, swinging poms to shoulders **1** right, **2** extend forward together at chest level, **3** left, **4** extend forward; **5-8:** Repeat

STAGE LEFT #8-14,16: angled to front left corner of stage

Feet: **1** step left foot forward, **2** shift weight to right, **3** step left foot back, **4** shift weight to right

Arms: bending elbows, swinging poms to shoulders **1** left, **2** extend forward together at chest level, **3** right, **4** extend forward; **5-8:** Repeat

DIAGONAL

1x8: devil in disguise, a snake with blue eyes and he

Diagonal - moving OUT High V points out, moving IN High V point in

STAGE RIGHT #1-7,15: **1-4** OUT *angled to front right corner of stage*, right foot step, together, step, touch; **5-8** IN move back to starting position, left foot step, together, step, touch

STAGE LEFT #8-14,16: **1-4** OUT *angled to front left corner of stage*, left foot step, together, step, touch; **5-8** IN move back to starting position, right step, together, step, touch

PUNCH-UP RIPPLE

1x8: only comes out at night, gives you

Punch-Up OUT

STAGE RIGHT #5-7: **1,2** Turn right to face audience step right-left, poms in Inverted T; **3** right pom to hip; **4** Punch up left pom to half Goal Post, pop right knee; **5-8** hold and Shimmy left pom

STAGE RIGHT #1-4,15: **1,2** Turn right to face audience step right-left, poms in Inverted T; **3,4** hold Inverted T; **5** right pom to hip; **6** Punch up left pom to half Goal Post, pop right knee; **7,8** hold and Shimmy left pom

STAGE LEFT #8-10: **1,2** Turn left to face audience step left-right, poms in Inverted T; **3** left pom to hip; **4** Punch up right pom to half Goal Post, pop right left; **5-8** hold and Shimmy right pom

STAGE LEFT #11-14,16: **1,2** Turn left to face audience step left-right, poms in Inverted T; **3,4** hold Inverted T; **5** left pom to hip; **6** Punch up right pom to half Goal Post, pop left knee; **7,8** hold and Shimmy right pom

Punch-Up IN

1x8: feelings that you don't wanna fight you better run for your life

STAGE RIGHT #5-7: **1,2** hold pose; **3** left pom to hip; **4** Punch up right pom to half Goal Post, pop left knee; **5-8** hold and Shimmy right pom

STAGE RIGHT #1-4,15: **1** left pom to hip; **2** Punch up right pom to half Goal Post, pop left knee; **3-8** hold and Shimmy right pom

STAGE LEFT #8-10: **1,2** hold pose; **3** right pom to hip; **4** Punch up left pom to half Goal Post, pop right knee; **5-8** hold and Shimmy left pom
STAGE LEFT #11-14,16: **1** right pom to hip; **2** Punch up left pom to half Goal Post, pop right knee; **3-8** hold and Shimmy left pom

[Post-Chorus]

MOVE TO FORMATION: **Zipper** - Lasso & March

LASSO
1x8: Oh, oh
1-4: Lasso - STAGE RIGHT #1-7,15: circle Right High V arm *counterclockwise*
5-8: March to positions, then hold, Knock High V pom to 4 count
1-4: Lasso - STAGE LEFT #8-14,16: circle Left High V arm *clockwise*
5-8: March to positions, then hold, Knock High V pom to 4 count
1x8:Oh, oh
1-4: Lasso - Right/Left High V arm
5-8: March to positions, then hold, Knock High V pom to 4 count
1x8:Oh, oh
1-4: Lasso - Right/Left High V arm
5-8: March to positions, then HOLD, Knock High V pom to 4 count

Formation 4: ZIPPER																		
Audience (Down Stage)																		
L	**8**	**7**	**6**	**5**	**4**	**3**	**2**	**1**	**0**	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**R**
1			13		11		9				6		4		2			**1**
2		14		12		10		8		7		5		3		1		**2**
3					16								15					**3**

[Verse 2]

PUNCH PIVOT
1x8: (1) I see that look on your
Pivot full turn
STAGE RIGHT # 1-7,15: **1,2** step right foot forward, Punch right pom forward, left pom on hip; **3,4** half pivot turn left, right pom on hip; **5,6** step right foot forward, Punch right pom forward, left pom on hip; **7** half pivot turn left, right pom on hip; **8** ***step*** *right foot to left*
STAGE LEFT #8-14,16: **1,2** step left foot forward, Punch left pom forward, right pom on hip; **3,4** half pivot turn right, left pom on hip; **5,6** step left foot forward, Punch left pom forward, right pom on hip; **7** half pivot turn right, left pom on hip; **8** ***step*** *left foot to right*

LOW V RIPPLE (OUT - 3 GROUPS)
1x8: face You ain't hearing what I
1,2: ALL Inverted T; Hold Inverted T while waiting for count; *on count* Low V, pop knee; hold
Group 1: **3,4** #6,7 right knee; #8,9 left knee

Group 2: **5,6** #4,5,15 right knee; #10,11,16 left knee
Group 3: **7,8** #1,2,3 right knee; #12,13,14 left knee

PUNCHOUT
1x8: say (instrumental) so I'll
Repeat previous choreography

SHIMMY MARCH - UP & BACK
1x8: say it again 'cause I been where ya been and I know how it ends, you *can't get*
1x8: away-ay-ay, don't even look in his
Repeat previous choreography

V-STEP RIPPLE (IN - 3 GROUPS)
1x8: eyes (oh, oh) he'll tell you nothing but
Repeat previous choreography
Group 3: V-Step - go on **1,2**
Group 2: V-Step - go on **3,4**
Group 1: V-Step - go on **5,6**

SEXY HIPS MAMBO
1x8: lies (oh, oh) and you
Repeat previous choreography

MOVE TO FORMATION: **Spider** - Rocking Z-Step

ROCKING Z-STEP
1x8: wanna believe that you won't be deceived if you listen to me and take my
1x8: advice (instrumental) He's a
Rocking Z-Step to new formation, then in place

Formation 5: SPIDER																		
Audience (Down Stage)																		
L	**8**	**7**	**6**	**5**	**4**	**3**	**2**	**1**	**0**	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**R**
1			13												2			**1**
2		14		12		10						5		3		1		**2**
3			16		11		9				6		4		15			**3**
4								8		7								**4**

[Chorus 2]

LOW V MAMBO & HIGH V PIVOT TURN
1x8: (1) good time cowboy Casanova leaning
1x8: up against the record machine
Low V Mambo & High V Pivot Turn

Repeat previous choreography:

STAGE RIGHT #1-4,15: Mambo/Pivot

STAGE LEFT #11-14,16: Mambo/Pivot

STAGE RIGHT # 5-7: Pivot/Mambo

STAGE LEFT #8-10: Pivot/Mambo

DIAGONAL

1x8: (He 1) looks like a cool drink of water but he's

Repeat previous choreography

ROCKING CHAIR

1x8: candy-coated misery he's the

Repeat previous choreography

DIAGONAL

1x8: devil in disguise, a snake with blue eyes and he

Repeat previous choreography

PUNCH-UP RIPPLE

1x8: only comes out at night, gives you

1x8: feelings that you don't wanna fight you better run for your life

Repeat previous choreography

[Outro]

LASSO (start facing audience) / EXIT (Turn)

1x8: (Oh, oh), oh you better run for your

STAGE RIGHT #1-7,15:

1-4:ALL Lasso - circle Right High V arm *counterclockwise* - **1** in, **2** out, **3** in, **4** out bending knees down on the in, up on the out, left pom on hip

5-8: ALL ***Turn right***; #7,5,3,1 march one position right and stop at partner, shake Right High V pom to 4 count

STAGE LEFT# 8-14,16:

1-4: ALL Lasso - circle Left High V arm *clockwise* - **1** in, **2** out, **3** in, **4** out bending knees down on the in, up on the out, right pom on hip

5-8: ALL ***Turn left***, #8,10,12,14 march one position left and stop at partner, shake Right High V pom to 4 count

1x8: (Oh, oh) life, Oh, you better run for your life

1-4: ALL Lasso - High V arm

5-8: March with partners toward EXIT, Knock pom in Right/Left High V to 4 count while marching

1x8: (Oh, oh)

1-4: Lasso - High V arm

5-8: March with partners toward EXIT, Knock pom in Right/Left High V to 4 count while marching

1x8: Instrumental

Finish marching to EXIT