

Cowboy Casanova by Carrie Underwood

8/28/26

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

Student Assignments: 1- 2- 3- 4- 5- 6- 7- U1 - 8 - 9- 10- 11 -12- 13 -14 - U2 -																		
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	U2	12		9										6		3	U1	2
3		14		11										4		1		3
4		13														2		4

[Intro] - ALL SPLIT R/L

1x8: Instrumental

Upstage hand on hip, Shimmy Shake downstage pom in Low V

1x8: Instrumental

Shimmy Shake roll up downstage arm to High V

MOVE TO FORMATION: Wings - Lasso & March

LASSO

1x8: Oh, oh

1-4: Lasso - STAGE RIGHT #1-7,U1: 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,U2: 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: 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 ROWS March to positions, then HOLD, ALL Knock High V pom to 4 count

Student Assignments:																		
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	U2			12			9				6			3			U1	2
3		14			11								4			1		3
4			13												2			4

[Verse 1] - SPLIT/TOGETHER/SPLIT

TURN & PUNCH - SPLIT R/L

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 (front to back - 3 GROUPS) - ALL TOGETHER

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 right knee, hold

ROW 1: 3,4 #5,7,8,10

ROW 2: 5,6 #3,6,9,12,U1, U2

ROWS 3,4: 7,8 #1,2,4,11,13,14

PUNCHOUT - ALL TOGETHER

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

Punchout with Jazz Square: 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

SHIMMY MARCH - ALL TOGETHER / 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 (back to front - 3 GROUPS) ALL TOGETHER

1x8: drug, You get addicted to his

ROWS 3,4: V-Step - GO ON 1,2 #1,2,4,11,13,14,U2,U4; 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

ROW 2: V-Step - GO ON 3,4 #3,6,9,12,U1,U3; 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

ROW 1: V-Step - GO ON 5,6 #5,7,8,10; 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

SEXY HIPS MAMBO - ALL TOGETHER

1x8: love, (instrumental) You

1-4: 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: 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

MOVE TO FORMATION: **Frog** - Z-Step Knock & Clap

Z-STEP - SPLIT R/L

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

Z-Step Knock & Clap to new formation, then in place:

STAGE RIGHT: **1** step right forward/back, Low V Knock; **2** touch left foot next to right, Clap poms at chest; **3** step left forward/back, Low V Knock; **4** touch right foot next to left, Clap poms at chest; repeat to new position and continue in place

STAGE LEFT: **1** step left forward/back, Low V Knock; **2** touch right foot next to left, Clap poms at chest; **3** step right forward/back, Low V Knock; **4** touch left foot next to right, Clap poms at chest; repeat to new position and continue in place

1x8: touch (instrumental) He's a

Z-Step Knock & Clap new formation, then in place

Student Assignments:																		
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	U2				11								4				U1	1
2		14		12		10						5		3		1		2
3			13				9				6				2			3
4								8		7								4

[Chorus 1] - ALL SPLIT R/L

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

STAGE RIGHT #1-4,U1:

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,U2:

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,U1: **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,U: **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,U1: *angled to front right corner of stage* - **1** step right foot forward, **2** shift weight to left, **3** step right foot back, **4** shift weight to left, while swaying low poms, bending elbows, swinging poms to shoulders **1** right, **2** left, **3** right, **4** left; **5-8:** Repeat

STAGE LEFT #8-14,U2: *angled to front left corner of stage* - **1** step left foot forward, **2** shift weight to right, **3** step left foot back, **4** shift weight to right, while swaying low poms, bending elbows, swinging poms to shoulders **1** left, **2** right, **3** left, **4** right; **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,U1: **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,U2: **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

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

Punch-Up OUT/IN - Wait for count in Inverted T position

STAGE RIGHT #1-7,U1: **1,2** Turn right to face audience step right-left, poms in Inverted T;

On the count:

OUT: *right* hand on hip, pop out *right* knee, punch up *left* arm to half Goal Post & hold Shimmy

IN: *left* hand on hip, pop out *left* knee, punch up *right* arm to half Goal Post & hold Shimmy

3 #7; 4 #6; 5 #5; 6 #4; 7 #3; 8 #2; 1 #1,U1; 2 #1,U1; 3 #2; 4 #3; 5 #4; 6 #5; 7 #6; 8 #7

STAGE LEFT #8-14,U2: **1,2** Turn left to face audience step left-right, poms in Inverted T;

On the count:

OUT: *left* hand on hip, pop out *left* knee, punch up *right* arm to half Goal Post & hold Shimmy

IN: *right* hand on hip, pop out *right* knee, punch up *left* arm to half Goal Post & hold Shimmy

3 #8; 4 #9; 5 #10; 6 #11; 7 #12; 8 #13; 1 #14,U2; 2 #14,U2; 3 #13; 4 #12; 5 #11; 6 #10; 7 #9; 8 #8

[Post-Chorus] - ALL SPLIT R/L

MOVE TO FORMATION: Zipper - Lasso & March

LASSO - SPLIT

1x8: Oh, oh

1-4: Lasso - STAGE RIGHT #1-7,U1: 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: March to positions, then in HOLD, shake High V pom to 4 count

1-4: Lasso - STAGE LEFT #8-14,U2: 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: Starting with LEFT FOOT 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

Student Assignments:																		
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	U2		13		11		9				6		4		2		U1	1
2		14		12		10		8		7		5		3		1		2

[Verse 2]

PUNCH PIVOT - SPLIT R/L

1x8: (1) I see that look on your

Pivot full turn

STAGE RIGHT # 1-7,U1: **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; **7,8** half pivot turn left, right pom on hip

STAGE LEFT #8-14,U2: **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; **7,8** half pivot turn right, left pom on hip

LOW V RIPPLE (In/Out - 3 GROUPS) - ALL TOGETHER

1x8: face You ain't hearing what I

1,2: ALL Inverted T

3-8: Hold Inverted T while waiting for count; on count Low V, pop right knee; hold

GROUP 1: **3,4** #6-9

GROUP 2: **5,6** #4,5,10,11

GROUP 3: **7,8** #1,2,3,12,13,14,U1,U2

PUNCHOUT - ALL TOGETHER

1x8: say (instrumental) so I'll

Punchout with Jazz Square: **1,2** Right Punch forward, step right foot forward; **3,4** Left Punch forward, cross left foot over right; **5,6** I, step right foot back to previous position; **7,8** arms down to Low V, step left foot back next to right

SHIMMY MARCH - SPLIT / FORWARD & BACK

Roll poms around and up at 1:00 & 11:00/Low V angle to Goal Post and back down.

1x8: say it again 'cause I been where ya been and I know how it ends, you can't get

BACK ROW: #1,3,5,7,8,10,12,14 - March one row forward, Shimmy roll poms up to Goal Post

FRONT ROW: #2,4,6,9,11,13,U1,U2 - March one row back, Shimmy roll poms down to Low V

1x8: away-ay-ay, don't even look in his

BACK ROW: #1,3,5,7,8,10,12,14 - March one row back, Shimmy roll poms down to Low V

FRONT ROW: #2,4,6,9,11,13,U1,U2 - March one row forward, Shimmy roll poms up to Goal Post

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

V-STEP RIPPLE (Out/In - 3 GROUPS) - ALL TOGETHER

1x8: eyes (oh, oh) he'll tell you nothing but

GROUP 3: V-Step - GO ON **1,2** #1,2,3,12,13,14,U1,U2 **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

GROUP 2: V-Step - GO ON **3,4** #4,5,10,11; **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

GROUP 1: V-Step - GO ON **5,6** #6-9; **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

SEXY HIPS MAMBO - ALL TOGETHER

1x8: lies (oh, oh) and you

1-4: 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: 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

MOVE TO FORMATION: Spider - Z-Step Knock & Clap

Z-STEP - SPLIT R/L

1x8: wanna believe that you won't be deceived if you listen to me and take my

Z-Step Clap & Knock to new formation, then in place:

STAGE RIGHT: **1** step right forward/back, Low V Knock; **2** touch left foot next to right, Clap poms at chest; **3** step left forward/back, Low V Knock; **4** touch right foot next to left, Clap poms at chest; repeat to new position and continue in place

STAGE LEFT: **1** step left forward/back, Low V Knock; **2** touch right foot next to left, Clap poms at chest; **3** step right forward/back, Low V Knock; **4** touch left foot next to right, Clap poms at chest; repeat to new position and continue in place

1x8: advice (instrumental) He's a

Z-Step Knock & Clap new formation, then in place

Student Assignments:																		
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	U2				11		9				6		4				U1	3
4								8		7								4

[Chorus 2] - ALL SPLIT

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

STAGE RIGHT #1-4,U1:

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,U2:

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,U1: 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,U2: 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,U1: *angled to front right corner of stage* - 1 step right foot forward, 2 shift weight to left, 3 step right foot back, 4 shift weight to left, while swaying low poms, bending elbows, swinging poms to shoulders 1 right, 2 left, 3 right, 4 left; **5-8:** Repeat

STAGE LEFT #8-14,U2: *angled to front left corner of stage* - 1 step left foot forward, 2 shift weight to right, 3 step left foot back, 4 shift weight to right, while swaying low poms, bending elbows, swinging poms to shoulders 1 left, 2 right, 3 left, 4 right; **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,U1: **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,U2: **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

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

Punch-Up OUT/IN - Wait for count in Inverted T position

STAGE RIGHT #1-7,U1: **1,2** Turn right to face audience step right-left, poms in Inverted T;

On the count:

OUT: *right* hand on hip, pop out *right* knee, punch up *left* arm to half Goal Post & hold Shimmy

IN: *left* hand on hip, pop out *left* knee, punch up *right* arm to half Goal Post & hold Shimmy

3 #7; 4 #6; 5 #5; 6 #4; 7 #3; 8 #2; 1 #1,U1; 2 #1,U1; 3 #2; 4 #3; 5 #4; 6 #5; 7 #6; 8 #7

STAGE LEFT #8-14,U2: **1,2** Turn left to face audience step left-right, poms in Inverted T;

On the count:

OUT: *left* hand on hip, pop out *left* knee, punch up *right* arm to half Goal Post & hold Shimmy

IN: *right* hand on hip, pop out *right* knee, punch up *left* arm to half Goal Post & hold Shimmy

3 #8; 4 #9; 5 #10; 6 #11; 7 #12; 8 #13; 1 #14,U2; 2 #14,U2; 3 #13; 4 #12; 5 #11; 6 #10; 7 #9; 8 #8

[Outro] - SPLIT

LAASSO - SPLIT (start facing audience) / EXIT (Turn)

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

STAGE RIGHT #1-7,U1:

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,U2:

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