Poms 1A - Cowboy Cassanova by Carrie Underwood

Moves	Lyrics
Intro (start in **Columns)**	
Formation change to **Wings**	
Lasso and March/Knock (Row 1) Lasso and March/Knock (Row 2) Lasso and March/Knock (Row 3,4)	1x8: Oh, oh 1x8: Oh, oh 1x8: Oh, oh
Verse 1 (in **Wings**)	
Turn & Punch, Punch, In-Out-In-Out	1x8: (1-5) You better take it from
Inverted T & Low V/Knee Pop *Ripple*	1x8: me, that boy is like a dis-
Jazz Square Punchout	1x8: -ease, (instrumental) You're
Shimmy March Forward Shimmy March Back	1x8: runnin' and tryin' and tryin' to hide and you're wondering why you can't get 1x8: free (instrumental) He's like a curse; he's like a
High V/V-Step Ripple	1x8: drug, You get addicted to his
Sexy Hips Mambo	
Formation change to **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 1x8: touch (instrumental) He's a
Chorus 1 (in **Frog**)	
Low V Mambo or High V Pivot Turn Low V Mambo or High V Pivot Turn	1x8: (1) good time cowboy Casanova leaning 1x8: up against the record machine
Diagonal/Step-Together-Step-Touch	1x8: (1) looks like a cool drink of water but he's

Rocking Chair Sway	1x8: candy-coated misery he's the
Diagonal/Step-Together-Step-Touch	1x8: devil in disguise, a snake with blue eyes and he
Punch-Up Ripple Out Punch-Up Ripple In	1x8: only comes out at night, gives you 1x8: feelings that you don't wanna fight you better run for your life
Post-Chorus	
Formation change to **Zipper**	
Lasso and March/Knock Lasso and March/Knock Lasso and March /Knock	1x8: Oh, oh 1x8: Oh, oh 1x8: Oh, oh
Verse 2 (in **Zipper**)	
Punch Pivot Turn	1x8: (1) I see that look on your
Everything below repeats previous choreography in new formations until the Outro.	
Inverted T & Low V/Knee Pop Ripple	1x8: face You ain't hearing what I
Jazz Square Punchout	1x8: say (instrumental) so I'll
Shimmy March Forward Shimmy March 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
High V/V-Step Ripple	1x8: eyes, he'll tell you nothing but
Sexy Hips Mambo	1x8: lies, and you
Formation change to **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
Chorus 2 (in **Spider**)	

Low V Mambo or High V Pivot Turn Low V Mambo or High V Pivot Turn	1x8: (1) good time cowboy Casanova leaning 1x8: up against the record machine
Diagonal/Step-Together-Step-Touch	1x8: (1) looks like a cool drink of water but he's
Rocking Chair Sway	1x8: candy-coated misery he's the
Diagonal/Step-Together-Step-Touch	1x8: devil in disguise, a snake with blue eyes and he
Punch-Up Ripple Out Punch-Up Ripple In	1x8: only comes out at night, gives you 1x8: feelings that you don't wanna fight you better run for your life
Outro	
Move to **Exit**	
Lasso, Turn, March/Knock	1x8: (Oh, oh), oh you better run for your
Lasso and March/Knock	1x8: (Oh, oh) life, Oh, you better run for your life
Lasso and March/Knock	1x8: (Oh, oh)
Lasso and March/Knock	1x8: (1) Instrumental