

I Ain't No Cowboy

Count: 32

Wall: 2

Level: Intermediate

Choreographer: Gary O'Reilly (IRE) - July 2026

Music: I Ain't No Cowboy - Luke Combs : (iTunes, Amazon & Spotify)



16 count intro from beginning of the track

Section 1: SIDE, ROCK BACK SIDE, BEHIND SIDE, CROSS ROCK & CROSS, 1/4, 1/4

- 1 Step R to R side (1)
- 2&3 Rock L behind R (2), recover on R (&), step L to L side (3)
- 4& Cross R behind L (4), step L to L side (&)
- 5-6 Cross rock R over L (5), recover on L (6)
- &7 Step R to R side (&), cross L over R (7)
- 8& ¼ L stepping back on R (8), ¼ L stepping L to L side (&) (6:00)

Section 2: POINT, 1/4, 1/2, 1/2, 1/2, 1/2, ROCK, RECOVER/SWEEP, BACK/SWEEP, BEHIND, 1/4

- 1-2 Point R to R side torqueing upper body to L looking L (1), 1/4 R stepping forward on R (2) (9:00)
- 3& ½ R stepping back on L (3), ½ R stepping forward on R (&) (9:00)
- 4& ½ R stepping back on L (4), ½ R stepping forward on R (&) (9:00)
- 5-6-7 Rock forward on L (5), recover back on R sweeping L from front to back (6), step back on L sweeping R from front to back (7)
- 8& Cross R behind L (8), ¼ L stepping forward on L (&) (6:00) **Restart here on wall 3&5 facing (6:00)

Section 3: ¼ SIDE, 1/8 RUN BACK x2, ROCK, RECOVER, ROCK, RUN FWD x2, FWD/SWEEP, CROSS, SIDE

- 1 ¼ L stepping R to R side (1) (3:00)
- 2& 1/8 run back on L (2), run back on R (&) (1:30)
- 3-4-5 Rock/sway back on L (3), recover/sway forward on R (4), rock/sway back on L (5)
- 6&7 Run forward on R (6), run forward on L (&), step forward on R sweeping L from back to front (7)
- 8& Cross L over R (8), 1/8 L stepping R to R side (&) (12:00)

Section 4: BACK ROCK, RECOVER, 1/2, SIDE, CROSS, SWAY, RECOVER, JAZZBOX CROSS

- 1-2-3 Rock L behind R (1), recover on R (2), ¼ R stepping back on L as you lift & swing R into a further ¼ R (3) (6:00)
- 4& Step R to R side (4), cross L over R (&)
- 5 6 Rock/sway R to R side (6), recover on L (7)
- 7&8& Cross R over L (7), step back on L (&), step R to R side (8), cross L over R (&)

***Tag 1: At the end of Wall 2 facing (12:00), dance the following 12 count tag:**

SWAY, RECOVER, JAZZBOX CROSS, SIDE, BACK ROCK, SIDE, BACK ROCK, SWAY R-L-R-L

- 1 2 Rock/sway R to R side (1), recover on L (2)
- 3&4& Cross R over L (3), step back on L (&), step R to R side (4), cross L over R (&)
- 5-6& Step R to R side (5), rock back on L (6), recover on R (&)
- 7-8& Step L to L side (7), rock back on R (8), recover on L (&)
- 9-10 Step R to R swaying to R (9), sway L (10)
- 11-12 Sway R (11), sway L (12)

***Tag 2: At the end of Wall 4&6 facing (12:00), dance the following 4 count tag:**

SWAY, RECOVER, JAZZBOX CROSS

- 1 2 Rock/sway R to R side (1), recover on L (2)

3&4& Cross R over L (3), step back on L (&), step R to R side (4), cross L over R (&)

****Restarts: Dance 16 counts of Wall 3&5: then restart the dance facing (6:00)**

ENDING: Dance up-to count 21 of Wall 7 to finish as you back rock to face (1:30)

Contact:

Gary O'Reilly

oreillygaryone@gmail.com

00353857819808

<https://www.facebook.com/gary.reilly.104>

www.thelifeoreillydance.com
