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 (5), recover on L (6)
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

Last Update: 4 Aug 2026