

\*\*\*Official WCDF competition dance description 2017\*\*\*

# Cheyenne Woman

Choreographer Arne Stakkestad

Type : 48 Count, Progressive Dance, Circle Dance (Polka)  
Level : Partner Pattern Dance & Classic Pattern Partner Dance A  
Music : "Be My Cheyenne Woman" by Rene Guyline (130 BPM)  
Arms : For the arm connections, please refer to the Original WCDF video

## Leader

Starting position:  
Facing 12:00

### TOE STRUT 4X

1	LF	Step toe forward
2	LF	Drop heel down
3	RF	Step toe forward
4	RF	Drop heel down
5	LF	Step toe forward
6	LF	Drop heel down
7	RF	Step toe forward
8	RF	Drop heel down

### ¼ TURN L, SHUFFLE STEP, X4

9	LF	Step forward
&	RF	Step together
10	LF	Step forward
11	RF	¼ Turn L, step forward (9.00)
&	LF	Step together
12	RF	Step forward
13	LF	¼ Turn L, step forward (6.00)
&	RF	Step together
14	LF	Step forward
15	RF	¼ Turn L, step forward (3.00)
&	LF	Step together
16	RF	Step forward

## Follower

Starting position:  
Facing 12:00  
Lady's steps opposite.

### TOE STRUT 4X

1	RF	Step toe forward
2	RF	Drop heel down
3	LF	Step toe forward
4	LF	Drop heel down
5	RF	Step toe forward
6	RF	Drop heel down
7	LF	Step toe forward
8	LF	Drop heel down

### ¼ TURN L, SHUFFLE STEP, X4

9	RF	Step forward
&	LF	Step together
10	RF	Step forward
11	LF	¼ Turn R, step forward (3.00)
&	RF	Step together
12	LF	Step forward
13	RF	¼ Turn R, step forward (6.00)
&	LF	Step together
14	RF	Step forward
15	LF	¼ Turn R, step forward (9.00)
&	RF	Step together
16	LF	Step forward

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### SHUFFLE DIAGONAL 4X

17 LF Step diagonally L forward  
& RF Step together  
18 LF Step diagonally L forward  
19 RF Step diagonally R forward  
& LF Step together  
20 RF Step diagonally R forward  
21 LF Step diagonally L backwards  
& RF Step together  
22 LF Step diagonally L backwards  
23 RF Step diagonally R backwards  
& LF Step forward  
24 RF Step diagonally R backwards

### STEP KICK 2X, ROCK STEP 2X

25 LF Step L  
26 RF Kick diagonally R forward  
27 RF Step R  
28 LF Kick diagonally L forward  
29 LF Step forward  
30 RF Recover weight  
31 LF Step backwards  
32 RF Recover weight

## Follower

### SHUFFLE DIAGONAL 4X

17 RF Step diagonally R backwards  
& LF Step together  
18 RF Step diagonally R backwards  
19 LF Step diagonally L backwards  
& RF Step together  
20 LF Step diagonally L backwards  
21 RF Step diagonally R forward  
& LF Step together  
22 RF Step diagonally R forward  
23 LF Step diagonally L forward  
& RF Step forward  
24 LF Step diagonally L forward

### STEP KICK 2X, ROCK STEP 2X

25 RF Step R  
26 LF Kick forward  
27 LF Step L  
28 RF Kick forward  
29 RF Step backwards  
30 LF Recover weight  
31 RF Step forward  
32 LF Recover weight

World Country Dance Federation

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## Leader

### WALKING CIRCLE, CHASSE 2X

33 LF Step forward  
 34 RF ¼ Turn R, step forward (6.00)  
 35 LF ¼ Turn R, step forward (9.00)  
 36 RF ¼ Turn R, step forward (12.00)  
 37 LF ¼ Turn R, step L (3.00)  
 & RF Step together  
 38 LF Step L  
 39 RF Step R  
 & LF Step together  
 40 RF Step R

### POLKA TURNING RIGHT (2 FULL CIRCLES)

41 LF Step L  
 & RF Step together  
 42 LF ¼ Turn R, step backwards (6.00)  
 43 RF ¼ Turn R, step R (9.00)  
 & LF Step together  
 44 RF ¼ Turn R, step forward (12.00)  
 45 LF ¼ Turn R, step L (3.00)  
 & RF Step together  
 46 LF ¼ Turn R, step backwards (6.00)  
 47 RF ¼ Turn R, step R (9.00)  
 & LF Step together  
 48 RF ¼ Turn R, step forward (12.00)  
 & Hold

## Follower

### WALKING CIRCLE, CHASSE 2X

33 RF Cross over  
 34 LF ¼ Turn R, step forward (12.00)  
 35 RF ¼ Turn R, step forward (3.00)  
 36 LF ¼ Turn R, step forward (6.00)  
 37 RF ¼ Turn R, step R (9.00)  
 & LF Step together  
 38 RF Step R  
 39 LF Step L  
 & RF Step together  
 40 LF Step L

### POLKA TURNING RIGHT (2 FULL CIRCLES), ½ TURN R

41 RF Step R  
 & LF Step together  
 42 RF ¼ Turn R, step forward (12.00)  
 43 LF ¼ Turn R, step L (3.00)  
 & RF Step together  
 44 LF ¼ Turn R, step backwards (6.00)  
 45 RF ¼ Turn R, step R (9.00)  
 & LF Step together  
 46 RF ¼ Turn R, step forward (12.00)  
 47 LF ¼ Turn R, step L (3.00)  
 & RF Step together  
 48 LF ¼ Turn R, step backwards (6.00)  
 & ½ Turn R (12.00)