



Cowgirl Twist

Choreographed by:- Bill Bader (Can) Sept 94

4 Wall Line Dance:- 32 counts, beginner level line dance

Music Suggestion:- 'What The Cowgirls Do' by Vince Gill (154bpm) from When Love Finds You;

'Do You Love Me' by The Contours (154 bpm); 'The Twist' by Ronnie McDowell or Chubby Checker (164bpm);

'Cowgirl Twist' by Dave Sheriff (160bpm) from Love To Line Dance 3,

'Walk On Faith' by Mike Reid (160bpm) New Stars From The Heartland CD, That's What I Like by Jive Bunny (166bpm)

RIGHT & LEFT HEEL STRUTS FORWARD

- 1-2 Step right heel forward, drop right foot to floor
- 3-4 Step left heel forward, drop left foot to floor
- 5-6 Step right heel forward, drop right foot to floor
- 7-8 Step left heel forward, drop left foot to floor

STROLL BACK, & HEEL-TOE SWIVELS LEFT

- 9-11 Step back on right, step back on left, step back on right
- 12 Step left beside right
- 13-15 Swivel heels to left, swivel toes to left, swivel heels to left
- 16 Hold and clap

HEEL-TOE SWIVELS RIGHT & ON THE SPOT

- 17-19 Swivel heels to right, swivel toes to right, swivel heels to right
- 20 Hold and clap
- 21-22 Swivel heels to left, hold and clap
- 23-24 Swivel heels to right, hold and clap

HEEL SWIVELS, STEP ¼ TURN

- 25-28 Swivel heels - left, right, centre, hold and clap

(Option; bump hips left – right going down, bump hips left – center going up (no clap))

- 29-30 Step forward right, hold
- 31-32 Pivot ¼ turn left, hold

REPEAT