

Cowgirl's Twist

Choreographed by Bill Bader

Description: 32 count, 4 wall, beginner line dance

Music: "Rock N Roll Angel" by Kentucky Headhunters; "Rockin With The Rhythm Of The Rain" by The Judds; "What The Cowgirls Do" by Vince Gill;

HEEL TOE STRUTS: RIGHT LEFT RIGHT LEFT

1 - 2 Step forward with right heel, Drop right toe to floor

3 - 4 Step forward with left heel, Drop left heel to floor

5 - 6 Step forward with right heel, Drop right toe to floor

7 - 8 Step forward with left heel, Drop left heel to floor

WALK BACK, 2, 3, TOGETHER

9 - 10 Step back with right foot, Step back with left foot

11 - 12 Step back with right foot, Step together with left foot

WIGGLE WALK LEFT, CLAP, WIGGLE WALK RIGHT, CLAP

13 - 14 Swivel both heels to the left side, Swivel both toes to the left side

15 - 16 Swivel both heels to the left side, Clap hands

17 - 18 Swivel both heels to the right side, Swivel both toes to the right side

19 - 20 Swivel both heels to the right side, Clap hands

SWIVEL LEFT, CLAP, SWIVEL RIGHT, CLAP

21 - 22 Swivel both heel to the left side, Clap hands

23 - 24 Swivel both heel to the right side, Clap hands

TWIST DOWN, DOWN, UP, UP

25 - 26 Swivel both heels to left side, Swivel both heels to right side

27 - 28 Swivel both heels to left side, Swivel both heels to center

STEP, HOLD, 1/4 TURN, HOLD

29 - 30 Step forward with right foot, leaning right shoulder forward, Hold

31 - 32 Pivot 1/4 turn left on ball of left foot, lean shoulders to left, Hold

REPEAT