

Cowgirl's Twist



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Choreographed by Bill Bader 22.02.2001

Description: 32 count, 4 wall, beginner line dance

Music: What The Cowgirls Do by Vince (Millenniums Greatest Line Dance Party)

HEEL-TOE STRUTS: RIGHT-LEFT-RIGHT-LEFT

1 Step forward with right heel

2 Drop right toe to floor

3 Step forward with left heel

4 Drop left Toe to floor

5 Step forward with right heel

6 Drop right toe to floor

7 Step forward with left heel

8 Drop left Toe to floor

WALK BACK, 2, 3, TOGETHER

9 Step back with right foot

10 Step back with left foot

11 Step back with right foot

12 Step together with left foot

WIGGLE WALK LEFT, CLAP

13 Swivel both heels to the left side

14 Swivel both toes to the left side

15 Swivel both heels to the left side

16 Clap hands

WIGGLE WALK RIGHT, CLAP

17 Swivel both heels to the right side

18 Swivel both toes to the right side

19 Swivel both heels to the right side

20 Clap hands

SWIVEL LEFT, CLAP, SWIVEL RIGHT, CLAP

21 Swivel both heel to the left side

22 Clap hands

23 Swivel both heel to the right side

24 Clap hands

TWIST – DOWN, DOWN, UP, UP

25 Swivel both heels to left side

26 Swivel both heels to right side

27 Swivel both heels to left side

28 Swivel both heels to center

STEP, HOLD, ¼ TURN, HOLD

29 Step forward with right foot, leaning right shoulder forward

30 Hold

31 Pivot ¼ turn left on ball of left foot, lean shoulders to left

32 Hold