

Cowgirl's Twist

Choreographed by Bill Bader

Description: 32 count, 4 wall, ultra beginner line dance

Musik: **Rock 'N' Roll Angel** by The Kentucky Headhunters [128 bpm / Pickin' On Nashville / Best of Kentucky Headhunters / Available on iTunes]

Rockin' With The Rhythm Of The Rain by The Judds [148 bpm / The Judds Greatest Hits / Available on iTunes]

What The Cowgirls Do by Vince Gill [152 bpm / CD: Best Of Toe The Line / CD: Millenniums Greatest Line Dance Party]

That's What I Like (Twist Mix) by Jive Bunny & The Mastermixers [Best Of]

Whose Bed Have Your Boots Been Under by Shania Twain [146 bpm / The Woman In Me / Available on iTunes]

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

1-2 Step right heel forward, drop right toe
 3-4 Step left heel forward, drop left toe
 5-6-7-8 Repeat 1-4

WALK BACK, 2, 3, TOGETHER

9-10 Step right back, step left back
 11-12 Step right back, step left together

WIGGLE WALK LEFT, CLAP, WIGGLE WALK RIGHT, CLAP

13-14-15 Swivel both heels left, swivel both toes left, swivel both heels left
 16 Clap
 17-18-19 Swivel both heels right, swivel both toes right, swivel both heels right
 20 Clap

SWIVEL LEFT, CLAP, SWIVEL RIGHT, CLAP, TWIST - DOWN, DOWN, UP, UP

21-22 Swivel both heels left, clap
 23-24 Swivel both heels right, clap
 25-26 Swivel both heels left, swivel both heels right
 27-28 Swivel both heels left, swivel both heels center

STEP, HOLD, TURN ¼, HOLD

29-30 Step right forward, hold
Lean right shoulder forward
 31-32 Turn ¼ left (weight to left), hold
Lean shoulders to left

REPEAT