

Cowgirl

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 2

Level: Easy Improver Phrased

Choreographer: Joni Ledvina (USA) - April 2026

Music: Cowgirl - Parmalee



Intro: 8 Count intro... approximately 6 seconds. Dance begins with lyrics

Phrasing: AA B AAA B AAA B AAA

Part A

SYNCOATED WEAVE RIGHT WITH HEEL JACK, SYNCOATED WEAVE LEFT WITH HEEL JACK

1, 2 & 3 & 4 Step R to right, Step L behind, step R to right, cross L over right, step R, L heel to left diagonal

& 5, 6 & 7 & 8 Step L to left, cross R over left, step L to left, step R behind L, step L to left, cross R, L heel to left diagonal

STEP LEFT, RIGHT, CROSS MAMBO, CROSS MAMBO, STEP 1/2 TURN, SHUFFLE

& 1, 2 & 3, 4 & Step L together, step R forward, Samba (to the right) LRL, Samba (to the left) RLR, Step L ½
5, 6 & 7 & 8 turn (right) Stem R, Shuffle forward LRL

Part B (the chorus of the song)

WALK, WALK, CHASE TURN 1/2

1, 2, 3 & 4 Walk R, L, chase ½ turn (turning left) RLR

FULL TURN SHUFFLE, PONY STEPS

5 & 6 & 7 & 8 Shuffle ½ turn (to the right) LRL, pony steps on left diagonal (lock step R behind left, step left, lock R, step L, lock, R, step L (Styling points: Do the lasso motion during pony steps)

Repeat 1 – 8 (No styling this time)

Last Update: 11 Apr 2026
