Cowgirls Twist

Count: 32 **Wall:** 4 **Level:** Beginner
Choreographer: Bill Bader (CAN) - June 2010
Music: What the Cowgirls Do - Vince Gill

4 HEEL STRUTS FORWARD: RIGHT, LEFT, RIGHT, LEFT

1-2	Touch R heel forward, Snap down R toe stepping forward
3-4	Touch L heel forward, Snap down L toe stepping forward
5-6	Touch R heel forward, Snap down R toe stepping forward
7-8	Touch L heel forward, Snap down L toe stepping forward

WALK BACKWARD: RIGHT, LEFT, RIGHT, LEFT TOGETHER

9-11	Step back Right, Left, Right
12	Step L back beside R

3 TRAVELLING SWIVELS ("RAMBLES") TO LEFT: HEELS, TOES, HEELS, HOLD

13-15	Moving to left side: Swivel both heels to left, both toes to left, both heels to left
16	Hold (Option: Clap)

3 TRAVELLING SWIVELS ("RAMBLES") TO RIGHT: HEELS, TOES, HEELS, HOLD

17-19	Moving to right side: Swivel both heels to right, both toes to right, both heels to right
20	Hold (Option: Clap)

SWIVEL HEELS LEFT, HOLD, SWIVEL HEELS RIGHT, HOLD

21-22	Swivel both heels diagonally left, Hold (Option: Clap)
23-24	Swivel both heels diagonally right, Hold (Option: Clap)

SWIVEL HEELS LEFT, RIGHT, CENTRE, HOLD

25-26	Swivel both heels diagonally left, Swivel both heels diagonally right
27-28	Swivel both heels left to centre, Hold (No clap)

STEP RIGHT FORWARD, HOLD, PIVOT TURN 1/4 LEFT, HOLD

29-30	Step R forward keeping Left toe in place. Hold
31-32	Pivot Turn 1/4 left shifting weight onto Left. Hold

End of pattern. Begin again...

This step description was written by the choreographer. For updates, more song ideas and more dances by Bill see webpage: http://www.billbader.com
Alternate Songs: "Do You Love Me" by The Contours found on many 60's collections (154 bpm)
“Blame It On Your Heart” by Patty Loveless (152bpm)
“I Want You Bad” by Colin Raye (160bpm)
“I Feel Lucky” by Mary Chapin Carpenter (122bpm)
"The Twist" by Ronnie McDowell or Chubby Checker (164 bpm)
"Cowgirl Twist" by Dave Sheriff, CD: Love To Line Dance 3 (160 bpm)
"That's What I Like" by Jive Bunny & The Master Mixers (166 bpm)
"Mambo No. 5" by Lou Bega (176 bpm)
"Honky Tonk Twist" by Scooter Lee (178 bpm)
Plus... Many line dance compilation cd's include songs they suggest for this dance. Your choice!

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