

Cowgirl's Twist

Choreographed by Bill Bader

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

Music: Rock 'N' Roll Angel by The Kentucky Headhunters, Rockin' With The Rhythm Of The Rain by The Judds, What The Cowgirls Do by Vince Gill, That's What I Like (Twist Mix) by Jive Bunny & The Mastermixers, Whose Bed Have Your Boots Been Under by Shania Twain

Start dancing on lyrics

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

1-2 Step right heel forward, lower right toe

3-4 Step left heel forward, lower 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 heels left, swivel toes left, swivel heels left

16 Clap

17-18-19 Swivel heels right, swivel toes right, swivel heels right

20 Clap

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

21-22 Swivel heels left, clap

23-24 Swivel heels right, clap

25-26 Swivel heels left, swivel heels right

27-28 Swivel heels left, swivel heels to 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