

Cowgirls Twist

Description: 4 Wall Line Dance, 32 Counts, Beginner Level - suitable for first-time dancers
Choreographer: Bill Bader 604-684-2455 billbader@hotmail.com <http://www.billbader.com>
Music: The dance suits many songs and tempos.

Signature Song: **"WHAT THE COWGIRLS DO"** by Vince Gill (154 bpm)
Alternate Songs: "Do You Love Me" by The Contours found on many 60's collections (154 bpm)
"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)

Rock 'N' Roll Angel by Kentucky Headhunters
Rockin' With The Rhythm Of The Rain by The Judds

In addition, many line dance compilation cd's include songs they suggest for this dance. Your choice!

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

9-10-11 Step R back, Step L back, Step R back
12 Step L back beside R

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

13-14-15 Moving to left: 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

17-18-19 Moving to right: 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 Swivel both heels diagonally left
26 Swivel both heels diagonally right
27 Swivel both heels left to centre
28 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 L. Hold

*End of pattern. **Begin again...***

This step description was written June 6, 2001 by the choreographer. Photocopying for classes and competitions is permitted. For updates and more dances see webpage: <http://www.billbader.com>