

Cowgirls Twist

Description: 4 Wall Line Dance, 32 Counts, Beginner Level 1 - suitable for first-time dancers

Choreographer: Bill Bader

Music:

Signature Song: "What The Cowgirls Do" by Vince Gill

Alternate Songs: "**Do You Love Me**" by The Contours found on many 60's collections

"The Twist" by Ronnie McDowell or Chubby Checker

"Cowgirl Twist" by Dave Sheriff, CD: Love To Line Dance 3

"That's What I Like" by Jive Bunny & The Master Mixers

"Mambo No. 5" by Lou Bega

"Honky Tonk Twist" by Scooter Lee

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 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

17-18-19 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 Swivel both heels diagonally left

22 Hold (Option: Clap)

23 Swivel both heels diagonally right

24 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 Step R forward keeping Left toe in place.

30 Hold

31 Pivot Turn 1/4 left shifting weight onto L.

32 Hold

Begin again...