

COWGIRLS' TWIST

Bill Bader

32-COUNT, 4-WALL LINE DANCE, ROTATING COUNTERCLOCKWISE, EASY BEGINNER LEVEL
Choreography by BILL BADER Vancouver, BC September 1994

Note: This dance is suitable for first-time line dancers in their first class.

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

- 1-2 Touch RIGHT heel forward, Snap down RIGHT toe stepping forward
3-4 Touch LEFT heel forward, Snap down LEFT toe stepping forward
5-6 Repeat 1-2 (RIGHT heel forward, Snap toe down)
7-8 Repeat 3-4 (LEFT heel forward, Snap toe down)

WALK BACKWARD: RIGHT, LEFT, RIGHT, LEFT TOGETHER

- 9-10-11 Step back: RIGHT, LEFT, RIGHT
12 Step LEFT back beside Right

3 TRAVELLING SWIVELS TO LEFT: HEELS, TOES, HEELS, HOLD

- 13 Swivel both heels diagonally left
14 Swivel both toes diagonally left
15 Swivel both heels diagonally left
16 Hold (Option: Clap)

3 TRAVELLING SWIVELS TO RIGHT: HEELS, TOES, HEELS, HOLD

- 17 Swivel both heels diagonally right
18 Swivel both toes diagonally right
19 Swivel both heels diagonally 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

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

- 29 Step RIGHT forward keeping Left toe in place
(Option: Lean R shoulder forward)
30 Hold
31 Pivot Turn 1/4 left shifting weight onto LEFT
(Option: Lean shoulders left while turning 1/4 left)
32 Hold

End of pattern. Begin again...

Music: "WHAT THE COWGIRLS DO" - Vince Gill (154 bpm)
"Do You Love Me" - The Contours (60's oldie) (154 bpm)
"The Twist" - Ronnie McDowell or Chubby Checker (164 bpm)
"That's What I Like" - Jive Bunny & The Master Mixers (166 bpm)

Step Description (2/97) by Bill Bader (604) 684-2455

Step Sheet Courtesy of: *LineDanceFun* on the Internet at www.linedancefun.com