

COWGIRL'S TWIST

Choreographed by **Bill Bader**

Description: 32 count, 4 wall, beginner line dance

Music: Rock 'N' Roll Angel by The Kentucky Headhunters [128 bpm / CD: Pickin' On Nashville / CD:

Best of Kentucky Headhunters] Rockin' With The Rhythm Of The Rain by The Judds [148 bpm ECS / CD:

The Judds Greatest Hits] What The Cowgirls Do by Vince Gill [152 bpm Twostep / CD: Best Of Toe The Line / CD:

Millenniums Greatest Line Dance Party]

That's What I Like (Twist Mix) by Jive Bunny & The Mastermixers [CD: Best Of]

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

- 1-2 Step forward with right heel, Drop right toe to floor
- 3-4 Step forward with left heel, Drop left heel to floor
- 5-6 Step forward with right heel, Drop right toe to floor
- 7-8 Step forward with left heel, Drop left heel to floor

WALK BACK, 2, 3, TOGETHER

- 9 Step back with right foot
- 10 Step back with left foot
- 11 Step back with right foot
- 12 Step together with left foot

WIGGLE WALK LEFT, CLAP

- 13 Swivel both heels to the left side
- 14 Swivel both toes to the left side
- 15 Swivel both heels to the left side
- 16 Clap hands

WIGGLE WALK RIGHT, CLAP

- 17 Swivel both heels to the right side
- 18 Swivel both toes to the right side
- 19 Swivel both heels to the right side
- 20 Clap hands

SWIVEL LEFT, CLAP, SWIVEL RIGHT, CLAP

- 21 Swivel both heel to the left side
- 22 Clap hands
- 23 Swivel both heel to the right side
- 24 Clap hands

TWIST - DOWN, DOWN, UP, UP

- 25 Swivel both heels to left side
- 26 Swivel both heels to right side
- 27 Swivel both heels to left side
- 28 Swivel both heels to center

STEP, HOLD, ¼ TURN, HOLD

- 29 Step forward with right foot, leaning right shoulder forward
- 30 Hold
- 31 Pivot ¼ turn left on ball of left foot, lean shoulders to left
- 32 Hold REPEAT