



COWGIRL TWIST

Choreographer: Bill Bader

Description: 32 Count - 4 Wall

Level: Beginner

Suggested Music: Mike Reid: Walk On Faith - Patty Lovless: Blame It On Your Heart -

Mary Chapin Carpenter: I Feel Lucky

HEEL STRUTS FORWARD

- 1-2 Step Right Heel Forward. Drop Right Foot To Floor.
- 3-4 Step Left Heel Forward. Drop Left Foot To Floor.
- 5-6 Step Right Heel Forward. Drop Right Foot To Floor.
- 7-8 Step Left Heel Forward. Drop Left Foot To Floor.

STROLL BACK & HEEL TOE SWIVELS LEFT

- 9-11 Step Back - Right, Left, Right.
- 12 Stomp Left Beside Right.
- 13-15 Swivel Heels To Left, Toes To Left, Heels To Left.
- 16 Hold And Clap.

HEEL TOE SWIVELS RIGHT & ON THE SPOT

- 17-19 Swivel Heels To Right, Toes To Right, Heels To Right.
- 20 Hold And Clap.
- 21-22 Swivel Heels To Left. Hold And Clap.
- 23-24 Swivel Heels To Right. Hold And Clap.

HEEL SWIVELS, STEP ¼ TURN

- 25-28 Swivel Heels - Left, Right, Left. Hold And Clap.
- 29-30 Step Forward Right. Hold.
- 31-32 Pivot 1/4 Turn Left. Hold.

REPEAT