

# Cowboys & Cowgirls

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Karianne Heimvik (NOR) - December 2018

Musik: Achy Breaky Heart - Billy Ray Cyrus

oder: any song with a 4/4 count, steady beat



## (1-8) Right K- step

- 1,2 Step RF diagonally fwd to right, touch LF next to RF
- 3,4 Step LF diagonally fwd to left, touch RF next to RF
- 5,6 Step RF diagonally back to right, touch LF next to RF
- 7,8 Step LF diagonally back to left, touch RF next to LF

## (9 – 16) RF Back, LF heel tap, LF step, RF toe tap, repeat

- 1,2 step back on RF, tap LF heel fwd
- 3,4 step LF in place, tap RF toes back
- 5,6 step back on RF, tap LF heel fwd
- 7,8 step LF in place, tap RF toes back

## (17-24) RF fwd step, touch, LF fwd step, touch, ¼ turn to left, touch, side step, touch

- 1,2 step fwd on RF, touch LF next to RF
- 3,4 step fwd on LF, touch RF next to LF
- 5,6 make ¼ turn to left stepping RF to right, touch LF next to RF
- 7,8 step LF to left, touch RF next to LF

## (25 – 32) Right dip, left dip, RF in, LF in, swivel

- 1,2 step RF to right, touch LF to left (bend your knees and dip from left to right, straighten legs as you touch LF)
- 3,4 step LF to left, touch RF to right (bend your knees and dip from right to left, straighten legs as you touch RF)
- 5,6 step RF in, step LF in
- 7,8 have weight on right heel and left toe and swivel both toes to right, return feet to center

End of dance!

Enjoy, have fun and SMILE!