

Cowgirl Forever

Count: 32

Wall: 2

Level: Improver

Choreographer: N. Sultje T. (INA) - November 2022

Music: Keep up with a Cowgirl - David Adam Byrnes



Intro: 32 counts,
Tag 1 (16counts_End of wall 1 and 5),
Tag 2 (8counts_End of wall 8),
Restart during wall 4 (dance up to count 12 and restart).

Sec1: Side, behind, side, stomp, toe van

1,2 Step R to R side, Step L behind R
3,4 Step R to R side, stomp L next to R
5,6 Van L toe out, in
7,8 Van L toe out, in

Sec2: Side, behind, side, brush, Step lock step brush

1,2 Step L to L side, Step R behind L
3,4 Step L to L side, Brush R fwd
5,6 Step R fwd, Lock L behind R
7,8 Step R fwd, Brush L fwd

Sec3: Toe Strut Jazz Box ¼ Left

1,2 Cross L toe over R, Drop heel
3,4 ¼ Left Toe R back, Drop heel
5,6 L toe to L side, Drop heel
7,8 Cross R toe over L, Drop heel

Sec4: Swivel heels, toes, heels, ¼ L while flicking right, heel close, heel close

1,2 Swivel both heels to L side, swivel both toes to L side
3,4 Swivel both heels to L side, swivel ¼ L while flicking R back
5,6 R heel diagonal fwd, close R next to L
7,8 L heel diagonal fwd, close L next to R

Tag 1 (16counts)_End of wall 1 and 5

Sec1

1,2,3,4 Right heel fwd, drop toe, Left heel fwd, Drop toe
5,6,7,8 Right heel fwd, drop toe, Left heel fwd, Drop toe

Sec2

1,2,3,4 Right toe back, drop heel, Left toe back, drop heel
5,6,7,8 Right toe back, drop heel, Left toe back, drop heel

Tag 2 (8counts)_End of wall 8

1,2,3,4 Step R fwd, kick L fwd, step L back, touch R back
5,6,7,8 Twist both heels to R, L, R, center

Have fun and enjoy!