

# 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!