

Long Live Cowgirls

Count: 48

Wall: 4

Level: Phrased Improver

Choreographer: Judy Rodgers (USA) - March 2023

Music: Cowgirls (feat. ERNEST) - Morgan Wallen



#16 count intro - Sequence: A, A, B, A, A, B, B, A, B, B
No Tags or Restarts

Part A: 32c

S1: Step drag, sailor turn 1/4 L, step pivot 1/2 L, shuffle turn 1/2 L

- 1-2 Step R big step to right side, drag L toward R
- 3&4 Turn 1/4 left step L behind R, step R to right side, step L to left side - 9:00
- 5-6 Step R forward, pivot 1/2 left 3:00
- 7&8 Turn 1/2 left shuffle R L R 9:00

S2: Rock recover, kick ball point, drag touch, coaster step

- 1-2 Rock L back, recover R
- 3&4 Kick L forward, step L down, point R to right side (bend left knee)
- 5-6 Drag R toward L, touch R (straightening up)
- 7&8 Step R back, step L beside R, step R fwd

S3: Cross, side, behind & heel, & cross, turn 1/4 R, turn 1/4 R shuffle

- 1-2 Cross L over R, step R to right side
- 3&4 Step L behind R, step R to right side, touch L heel to left diagonal
- &5-6 Step L beside R, cross R over L, turn 1/4 right step L back 12:00
- 7&8 Turn 1/4 right shuffle R L R to right side 3:00

S4: Rock recover, shuffle, back touch back touch

- 1&2 Rock left forward, recover right
- 3&4 Shuffle back left, right, left
- 5-8 Step right back to right diagonal, touch left, step left back to left diagonal, touch right

Part B: 16c

S1: Step tap back kick, coaster step, shuffle

- 1-2 Step R fwd, tap L toe behind R
- 3-4 Step L back, kick R fwd
- 5&6 Step R back, step L beside R, step R fwd
- 7&8 Shuffle fwd L R L

S2: Point, turn 1/4 R, point, hitch, weave R

- 1-2 Point R to right side, turn 1/4 right step R beside L 9:00
- 3-4 Point L to left side, hitch L
- 5-8 Step L behind R, step R to right side, cross L over R, touch R beside L

Last Update: 6 Mar 2023