

Cowgirls

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Tony Myers (UK) - May 2023

Music: Cowgirls (feat. ERNEST) - Morgan Wallen



Count in: 16 - start on vocals

Step, Touch, Kick, Step: Coaster Step: Step, Touch, Kick, Step: Back, Turn, Step

1&2& Step right to side (1) Touch left next to right (&) Kick left forward (2) Step down on left (&)
3&4 Step back on right (3) Step left with right (&) Step forward on right (4)
5&6& Step left to side (5) Touch right next to left (&) Kick right forward (6) Step down on right (&)
7&8 Step back on left (7) Turn 1/4 right stepping forward on right (&) Step left to side (8) 3:00

Step lock step, hitch : Heel & heel: Step lock step, hitch : Mambo turn

1&2& Step right forward (1) Lock left behind right (&) Step right forward (2) Hitch left forward (&)
3&4 Dig left heel forward (3) Step on left (&) Dig right heel forward (4)
5&6& Step right forward (5) Lock left behind right (&) Step right forward (6) Hitch left forward (&)
7&8 Rock forward on left (7) recover weight on right (&) Turn 1/2 left stepping left forward (&) 9:0

Restarts on walls 3 & 6

To finish at 12:00 Turn the mambo 1/4 left on wall 9

Cross rock, Side rock: Behind, Turn, Step : Back rock, Side rock Cross Shuffle

1&2& Rock right over left (1) Recover on left (&) Rock right to right side (2) Recover on left (&)
3&4 Step right behind left (3) Turn 1/4 left stepping forward on left (&) Step forward on right (4)
6:00
5&6& Rock left behind right (5) Recover on right (&) Rock left to left side (6) Recover on right (&)
7&8 Cross left over right (7) Step right small step to right (&) Cross left over right (&)

Back, Turn, Step Turn: Cross & Heel : Shuffle Turn : Forward, Tap, Tap

1&2& Step back on right (1) Turn 1/2 left stepping forward on left (&) Step forward on right (2) Pivot
1/4 left (&) 9:00
3&4 Cross right over left (3) Step left slightly back (&) Dig right heel to right diagonal (4)
5&6 Turn 1/4 right step right to side (5) Step left to right (&) Turn 1/4 right step forward on right (6)
3:00
7&8 Step left forward (7) Tap right behind left (&) Tap right behind left (8)

Restarts after 16 counts on walls 3 & 6 (facing 3:00 & 6:00)

Finish on wall 9 after 16 counts, Change the mambo 1/2 turn left into a mambo 1/4 turn left to finish at the front

Music Available on iTunes

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