

Cowgirl Rockin'

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Beginner

Choreographer: Nina Skyrud (NOR), Nils Ole Nilsen (NOR), Kari Ludvigsen & Roy A. Shepherd -
January 2025

Music: Cowgirl - Parmalee



Start the dance at the vocal (approx. 5 secs)

[1-8] Touch in front, Heel swivel, Kick, 2X Back-Kick.

1,2,3,4 Touch R toe forward (1), Swivel R Heel right (2), Swivel R Heel back to center (3), Kick R (4);
5,6,7,8 Step R back (5), Kick L (optional w/clap) (6), Step L back (7), Kick R (optional w/clap) (8).
[12:00]

[9-16] Back, Hook, Step, Scuff, 2X ½ Swivel Turn L.

1,2 Step R back (1), Hook L across R knee (2);
3,4 Step L forward (3), Scuff R (4);
5,6 Step R forward (5), Swivel ½ Turn left (6),
7,8 Step R forward (7), Swivel ½ Turn left (8). [12:00]
(Non-turning option for counts 5-8: Rocking Chair)

[17-24] ¼ Turn L into Hip Bumps R-L-R, Touch, Side, Touch.

1-2, 3-4 Turn ¼ turn left bumping Hips R (1-2), Bump Hips L (3-4) [9:00]
5,6,7,8 Bump Hips R (5), Touch L next to R (6), Step L to left side (7), Touch R next to L (8).

[25-32] Step, Scuff, Step, Scuff, V-Step.

1,2,3,4 Step R forward (1), Scuff L (2), Step L forward (3), Scuff R (4);
5,6,7,8 Step R diagonally right (5), Step L to left side (6), Step R back (7), Step L next to R (8).

Start again!

No tags, No restarts.

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