

# Cowgirl Groove

**COPPER** KNOB  
BY STEPHENETS

Count: 16

Wall: 4

Level: Absolute Beginner

Choreographer: Hayley Wheatley (UK) - January 2025

Music: Cowgirl - Parmalee



## Intro 8 Counts

### S1: HEEL TAPS, TOE TAPS, HEEL, CLAP, TOE, CLAP, PIVOT ½ TURNS, ROCKING CHAIR

- 1&2& Tap R heel fwd (1), Tap R heel fwd (&), Touch R toe back (2), Touch R toe back (&) 12:00  
3&4& Touch R heel fwd (3), Clap hands (&), Touch R toe back (4), Clap hands (&) 12:00  
5&6& Step fwd on RF (5), Pivot ½ turn L (&), Step fwd on RF (6), Pivot ½ turn L (&),  
(This turn is quick, consider replacing the turn with a rocking chair step for absolute beginners) 12:00  
7&8& Rock fwd onto RF (7), Recover onto LF (&), Rock back onto RF (8), Recover onto LF 12:00

### S2: STOMP OUT, SLAP, STOMP OUT, SLAP, HIP DIPS, BACK TOUCH, BACK TOUCH, BACK TOUCH, ¼ TURN, TOUCH

- 1&2& Stomp RF out to R (1), Slap R hand to R thigh or buttock (&), Stomp LF out to L (2), Slap L hand to L thigh or buttock (&), 12:00  
3-4 Dip down slightly as you push R hip to R side (3) Dip down slightly as you push L hip to L side (4) 12:00  
5&6& Step R foot RF back to R diagonal (5) Touch L toe beside RF (&), Step LF back to L diagonal (6), Touch R toe beside LF (&) 12:00  
7&8& Step R foot back to R diagonal (7) Touch L toe beside RF (&), Make ¼ turn L stepping onto LF (8), Touch R toe beside LF 9:00