

# Cowgirl Salsa

**Count:** 64

**Wall:** 2

**Level:** Improver

**Choreographer:** Margaret Malloch (UK) & Josephine Mackay (UK)

**Music:** If I Said You Had a Beautiful Body - The Bellamy Brothers



- 1 Rock forward right foot  
2 Rock back left foot  
3&4 Shuffle back starting right foot  
5 Rock back left foot  
6 Rock forward right foot  
7&8 Shuffle forward starting left foot
- 9 Rock side right foot  
10 Step left foot on spot  
11&12 Shuffle right foot across left  
13 Rock side left foot  
14 Step right foot on spot  
15&16 Shuffle left foot across right
- 17-20 Paddle step right foot twice turning ½ left  
21&22-23&24 Shuffle forward right foot and left foot  
25-32 Repeat steps 17-24
- 33 Heel right foot across left foot  
34 Step back on left foot  
35&36 Chasse right foot to right side  
37 Heel left foot across right foot  
38 Step back on right foot  
39&40 Chasse left foot to left side
- 41-44 Heel switches right left right clap, clap  
45-48 Heel switches left right left clap, clap
- 49 Rock left foot across right foot  
50 Step back on right foot swing left foot (ronde)  
51&52 Sailor step left foot  
53 Rock right foot across left foot  
54 Step back on left foot swing right foot (ronde)  
55&56 Sailor step right foot
- 57 Step left foot forward  
58 ½ turn by right  
59&60 Shuffle forward left foot  
61 Take a big step to right with right foot  
62 Slide left foot in  
63 Close left foot beside right  
&642 Claps

## REPEAT

Use lots of hip movements throughout to give the dance that salsa feeling!

