

# Keep Up With a Cowgirl

**COPPER** **NOB**  
BY STEPHEN

**Compte:** 32

**Mur:** 4

**Niveau:** Absolute Beginner

**Chorégraphe:** Debbie Marschall (AUS) - November 2022

**Musique:** Keep up with a Cowgirl - David Adam Byrnes



**DANCE STARTS: After 32 Counts on the Vocals**

## **SECTION 1: Vine R Hitch L, Vine L Hitch R**

1 2 3 4 Step R to R Side, cross L behind R, step R to R side, hitch L  
5 6 7 8 Step L to L Side, cross R behind L, step L to L side, hitch R

## **SECTION 2: Walk forward x 3, Kick, Walk back x 3, touch**

1 2 3 4 Step fwd R, Step fwd L, Step fwd R, Kick L foot fwd  
5 6 7 8 Step back L, Step back R, Step back L, Touch R beside L

## **SECTION 3: K Step (clap on the touches)**

1 2 Step R diagonally forward, touch L next to R  
3 4 Step L diagonally back, touch R next to L  
5 6 Step R diagonally back, touch L next to R  
7 8 Step L diagonally forward, touch R next to L

## **SECTION 4: Heel Steps x 4 making ¼ turn L**

1 2 Touch R Heel Fwd, R beside L  
3 4 Touch L Heel Fwd, L beside R (making 1/8th turn L)  
5 6 Touch R Heel Fwd, R beside L (making 1/8th turn L)  
7 8 Touch L Heel Fwd, L beside R

**No tags or restarts**

**Here is a little easy slow one for absolute beginners cheers**

**Contact:** Debbie Marschall - wildbrumbyld@outlook.com

**Last Update:** 16 Nov 2023

---