

# Long Live Cowgirls

Compte: 32

Mur: 2

Niveau: High Beginner WCS



Chorégraphe: Juan Aranda (ES) - October 2024

Musique: Cowgirls (feat. ERNEST) - Morgan Wallen

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## [1-8]: WALK RIGHT, WALK LEFT, ANCHOR STEP, SWEEP BACK LF, SWEEP BACK RF, ¼ TURN LF SAILOR STEP

- 1-2 Step RF FW, step LF FW.
- 3&4 Step RF behind LF, push up LF heels, push up RF heels.
- 5-6 Sweep LF back, sweep RF back.
- 7&8 ¼ turn sweep and step back LF, Step RF slightly back close to LF, step LF to the left. (9:00)

## [9-16]: SWAY ROCK RF, ¼ TURN RECOVER HOOK, SHUFFLE FW, ROCK LF, RECOVER, RF BACK STEP LOCK STEP

- 1-2 Sway Rock RF to the right, recover with a ¼ turn right RF slightly hooking over LF (12:00)
- 3&4 Step RF FW, lock step LF behind RF, step RF FW
- 5-6 Rock Step LF forward, recover
- 7&8 Step LF back, lock step RF in front of LF, step LF back

## [17-24]: SWAY ROCK RF, ¼ TURN RECOVER HOOK, SHUFFLE FW, SWAY ROCK FW RECOVER, ½ TURN SHUFFLE BACK

- 1-2 Sway Rock RF to the right, recover weight on LF with a ¼ turn right RF slightly hooking over LF (3:00)
- 3&4 Step RF forward, lock step LF behind RF, step RF FW
- 5-6 Sway rock LF FW, recover weight on LF
- 7&8 ¼ turn LF back (12:00), RF step together LF, ¼ turn LF forward (9:00)

## [25-32]: SIDE ROCK RF RECOVER, CROSS SHUFFLE RF, ¼ TURN LF STEP, SPIRAL, SHUFFLE LF FW

- 1-2 Side Rock RF, recover
- 3&4 Cross RF in front of LF, step LF to the left, cross RF in front of LF
- 5-6 ¼ Step LF FW, step RF with a spiral turn over LF to the left
- 7&8 Step LF forward, lock step RF behind LF, step LF FW

## START AGAIN

RESTART: On wall 3 dance up to count 16, recover weight on RF and restart dance again facing 12:00.

ENDING: On last wall after spiral (count 30) change shuffle LF for a ½ step pivot turn to L (31-32)

ENJOY THE DANCE!! If you have any question, please contact me: [cowarandaboy@hotmail.com](mailto:cowarandaboy@hotmail.com)

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