

# Cupid's a Cowgirl

Compte: 48

Mur: 4

Niveau: Phrased Improver

Chorégraphe: Sylvie CARNOY (FR) - 21 February 2025

Musique: Cupid's A Cowgirl - Alexandra Kay



\*1 restart – 1 bridge – 1 final

A – B – A – A (16 counts) restart A – B – A (16 counts) – B – B – A – A (28 counts) final

start 2 x 8 counts

## PART A (32 counts)

### SECTION 1 - STEP – LOCK, STEP – LOCK – STEP (DIAGONAL) x 2

- 1 – 2 STEP - LOCK: towards the front diagonal right: step forward RF, LOCK: cross LF behind RF  
3 & 4 SIDE TRIPLE STEP: towards the front diagonal right: step forward RF, cross left behind RF, step forward RF  
5 – 6 STEP - LOCK: towards the front diagonal left: step forward LF, LOCK: cross RF behind LF  
7 & 8 SIDE TRIPLE STEP: towards the front diagonal left: step forward LF, cross RF behind LF, step forward LF

Option for the style: with your hands make a circular movement back and forth on beats 1-2-5-6

### SECTION 2 - CROSS ROCK STEP, ¼ TURN - TRIPLE FORWARD, ¼ TURN - SIDE ROCK STEP, BEHIND – SIDE - CROSS

- 1 – 2 CROSS ROCK STEP: cross RF in front of LF, recover body weight on LF  
3 & 4 ¼ TURN - TRIPLE STEP FORWARD: pivot ¼ turn to the right, step forward RF, LF next to RF, step forward RF 3:00  
5 – 6 ¼ TURN - SIDE TRIPLE STEP: pivot ¼ turn towards the right and place LF on the left, recover body weight on RF 6:00  
7 & 8 BEHIND – SIDE - CROSS: cross LF behind RF, RF on the right, cross LF in front of RF \* restart

\*\*bridge

### SECTION 3 - SIDE – TOGETHER, TRIPLE STEP FORWARD, HEEL GRIND ¼ TURN, COASTER HEEL

- 1 – 2 SIDE: RF to the right, TOGETHER: LF next to RF  
3 & 4 TRIPLE STEP FORWARD: step forward RF, LF next to RF, step forward RF  
5 – 6 HEEL GRIND ¼ TURN: place the left heel in front, resting on the heel and pivot the left toe left from right to left by pivoting ¼ turn to the left, RF on the right 3:00  
7 & 8 COASTER HEEL: step back LF, step back RF, place left heel in front

### SECTION 4 - TOGETHER, STEP (x 2), TRIPLE STEP FORWARD, STEP ½ TURN, LARGE STEP FORWARD, STOMP-UP

- &1 – 2 TOGETHER: LF next to RF, STEP x 2: step forward RF, step forward LF  
3 & 4 TRIPLE STEP FORWARD: step forward RF, LF next to RF, step forward RF  
5 – 6 STEP ½ TURN: step forward LF, pivot ½ turn on the right \*\* final 9:00  
7 – 8 LARGE STEP FORWARD: big step from the LF forward, STOMP-UP: strike the ground with RF near the LF while keeping the weight of the body on the LF

## PARTIE B (16 temps)

### SECTION 1 - RIGHT STOMP, HOLD (x3), LEFT STOMP, HOLD (x3)

- 1 – 4 RIGHT STOMP: hit the ground with RF to right, HOLD: pause x3

Option for the style: spread the arms on the stomp, then on the pauses hold the edge of the hat hand right, nod to right

- 5 – 8 LEFT STOMP: hit the ground with LF to left, HOLD: pause x3

Option for the style: spread the arms on the stomp, then on the pauses hold the edge of the hat hand left, nod to left

## SECTION 2 - ½ TURN LEFT - RIGHT STOMP, HOLD (x3), LEFT STOMP, HOLD (x3)

1 – 4                    ½ TURN - RIGHT STOMP : ½ turn on the left, hit the ground with RF to right, HOLD: pause x3

Option for the style: spread the arms on the stomp, then on the pauses hold the edge of the hat hand right, nod to right

5 – 8                    LEFT STOMP: hit the ground with LF to left, HOLD: pause x3

Option for the style: spread the arms on the stomp, then on the pauses hold the edge of the hat hand left, nod to left

### SEQUENCES:

-1st wall: A 32 counts, we start it facing 12:00, we end it facing 9:00, B 16 counts, facing 9:00, we end it facing 3:00

-2nd wall: A 32 counts, we start it facing 3:00, we end it facing 12:00,

-3rd wall: A 16 counts, we start it facing 12:00, after 16 counts facing 6:00, \*

\*RESTART: start part A at the beginning

-4th wall: A 32 counts, we start it facing 6:00, we end it facing 3:00, B 16 counts faces 3:00, we end it facing 9:00

-5th wall: A 32 counts, we start it facing 9:00, we end it facing 6:00

-6th wall: A 16 counts, we start it facing 6:00, after 16 counts facing 12:00: \*\*

\*\*BRIDGE: B 16 counts: we start it facing 12:00, we end it facing 6:00, repeat B 16 counts: we start it facing 6:00, we end it facing 12:00

-7th wall: A 32 counts, we start it facing 12:00, we end it facing 9:00

-8th wall: A 28 counts, we start facing at 9:00, after 28 counts facing at 12:00: \*\*\*

\*\*\*Final: Replace STEP ½ TURN with STEP forward LF then add the following steps:

KICK BALL STEP: kick from the right in front, RF next to LF, step forward LF

STOMP FORWARD: hit the ground with RF in front

Good luck , good dance !

RF : right foot - LF : left foot

Only the choreographer's original step-sheet is authentic.

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<https://www.facebook.com/lea.country.dance>

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