

Cowgirls Delight

Compte: 64

Mur: 4

Niveau: Improver

Chorégraphe: Ann Kang

Musique: Sweet Nothings - The Deans : (CD: Almost Live)



If using "Sweet Nothings", start dancing at "ear" ("My baby whispers in my ear")

R shuffle, L shuffle, Rock back, Recover, Kick ball change.

- 1 & 2 Step R to R, Close L to R, Step R to R.
- 3 & 4 Step L to L, Close R to L, Step L to L.
- 5 - 6 Rock back on R, Recover on L.
- 7 & 8 Kick R forward, Step down on R, Change weight onto left.

R shuffle turn 1/2 L, Rock back, Recover, L shuffle turn 1/2 R, Rock back, Recover.

- 1 & 2 R shuffle forward turning 1/2 L stepping R.L.R.
- 3 - 4 Rock L back, Recover on R.
- 5 & 6 L shuffle forward turning 1/2 R stepping L.R.L.
- 7 - 8 Rock R back, Recover on L.

Kick ball cross 4x.

- 1 & 2 Kick R foot forward diagonally R (1), Step R foot down (&), Cross L in front of R (2).
- 3 & 4 Repeat 1 & 2.
- 5 & 6 Repeat 1 & 2.
- 7 & 8 Repeat 1 & 2.

R diagonal forward, Hold and clap, L diagonal forward, Hold and clap, Swirl R diagonal, Swirl L diagonal, Repeat.

- 1 - 2 Step R forward diagonally R (1), Hold and clap (2).
- 3 - 4 Step L forward diagonally L (3), hold and clap (4).
- 5 - 6 (Bend knee) Swirl R diagonal (5), Swirl L diagonal R (6).
- 7 - 8 Repeat 5 - 6.

Rock R forward, Recover, 1/2 turn R, Rock L forward, Recover, Coaster.

- 1 - 2 Rock R forward, Recover on L.
- 3 & 4 1/4 turn R step R to R side, Step L together, 1/4 turn R step R forward (6:00).
- 5 - 6 Rock L forward, Recover on R.
- 7 & 8 Step L back, Step R together with L, Step L forward.

Toe, Heel, Cross, Toe, Heel, Cross, 1/4 turn L as RF back, Step L to L.

- 1 - 2 - 3 Touch R toe beside L heel, Touch R heel beside L toe, Cross R over L.
- 4 - 5 - 6 Touch L toe beside R heel, Touch L heel beside R toe, Cross L over R.
- 7 - 8 1/4 turn L as Step R back (7), Step L to L (8) (3:00).

Monterey Turn, Step forward, 1/4 turn L, Step forward, 1/4 turn L.

- 1 - 2 Point R toe to R side (1), Turn 1/2 R as you step down on R (2) (9:00).
- 3 - 4 Point L toe to L side (3), Step L beside R (4).
- 5 - 6 Step R forward (5), pivot 1/4 turn left (6)
- 7 - 8 Repeat 5 - 6 (3:00).

Press R heel diagonal, Step back, Press L heel diagonal, Step back, Repeat 2x.

- 1 - 2 Press R heel to right diagonal (1), Step R in place (2).
- 3 - 4 Press L heel to left diagonal (3), Step L in place (4).
- 5 - 6 Repeat 1 - 2.
- 7 - 8 Repeat 3 - 4.

Start over and have fun.

