

# Friday Night Cowgirl

**Compte:** 64

**Mur:** 4

**Niveau:** High Beginner

**Chorégraphe:** Britta Lyngsø Jensen (DK) - July 2009

**Musique:** Friday Night Cowgirl - Wenche : (CD: Friday Night Cowgirl)



**Intro: 16 count**

## **Side Rock Cross R Hold, Side Rock Cross L Hold**

1-2-3-4 R side rock, recover L, Cross R over L, Hold (12:00)  
5-6-7-8 L side rock, recover R, Cross L over R, Hold

## **Chasse R, Chasse Box**

1&2 Step Right to Right, Step Left next to Right, Step Right to Right (12:00)  
3&4 Left ¼ left, Right beside Left, Left to Left. (3:00)  
5&6 Right ¼ right, Left beside Right, Right to Right (6:00)  
7&8 Left ¼ left, Right beside Left, Left to Left (9:00)

## **Kick Ball step R, Walk R-L, Step ½ turn L, Shuffle R-L-R**

1&2 Kick forward Right, Step Right beside Left, Step forward Left  
3-4 Step forward Right, step forward Left  
5-6 Step forward Right, ½ turn Left (3:00)  
7&8 Step Right forward, left beside Right, Right forward

## **Rock L, Recover R, Coaster L, Step R, ¼ Left, Cross Shuffle.**

1-2 Rock forward Left, recover Right  
3&4 Step back Left, Right to Left, step forward on Left  
5-6 Step forward Right, ¼ Left (12:00)  
7&8 Cross Right over Left, Left beside Right, Step forward Right.

## **Side Rock L, Behind Side Cross L, Side Rock R, Behind Side Cross R**

1-2 Rock Left to Left side, Recover Right  
3&4 Step left behind Right, Step Right to Right, Cross Left over Right  
5-6 Rock Right to Right side, Recover Left  
7&8 Step Right behind Left, Step Left to Left, Cross Right over Left

## **Side Rock L, Sailor ¼ L, Shuffle R-L-R, Step ½ turn R**

1-2 Rock Left to Left side, Recover Right  
3&4 ¼ turn Left stepping back on Left, Step Right beside Left, Step Left forward (9:00)  
5&6 Step Right forward, Left beside Right, Step Right forward  
7-8 Step Left forward, ½ turn Right (3:00)

## **Step L, Kick R, Step back R, Touch L cross over R, Step Lock Step, Scuff**

1-2 Step forward Left, Kick Right  
3-4 Step Right back, Touch Left Toe cross Right  
5-6-7-8 Step Left forward, Lock Right behind Left, Step left forward, Scuff

## **Step ½ turn Left, Rocking Chair, Forward R-L**

1-2 Step forward Right, ½ turn Left (9:00)  
3-4-5-6 Rock forward Right, recover Left, Rock back Right, Recover Left  
7-8 Step forward Right, Step forward Left

**Start dance again.**

