

Speedy Cowgirl

Compte: 48

Mur: 4

Niveau: Intermediate



Chorégraphe: Mattia Collaro (IT) - September 2013

Musique: Kick It Up - The McClymonts : (CD: Wrapped Up Good - iTunes)

Start dancing on lyrics

TWO SETS - ROCK STEP, COASTER STEP

- 1-2 Rock right forward, recover to left
- 3&4 Step right back, step left together, step right forward
- 5-6 Rock left forward, recover to right
- 7&8 Step left back, step right together, step left forward

RIGHT FORWARD SHUFFLE, ROCK STEP, LEFT BACKWARD SHUFFLE, ROCK STEP

- 1&2 Shuffle forward right-left-right
- 3-4 Rock left forward, recover to right
- 5&6 Shuffle back left-right-left
- 7-8 Rock right back, recover to left

KICK-BALL-STEP, PIVOT TURN $\frac{3}{4}$ LEFT, GRAPEVINE RIGHT, LEFT CROSS

- 1&2 Kick right forward, step right together, step left forward
- 3-4 Step right forward, turn $\frac{3}{4}$ left (weight to left)
- 5-6 Step right side, cross left behind
- 7-8 Step right side, cross left forward

RIGHT SIDE ROCK CROSS, HOLD, LEFT SIDE ROCK CROSS TURN $\frac{1}{4}$, HOLD

- 1-2-3-4 Rock right side, recover to left, cross right over, hold
- 5-6-7-8 Rock left side, recover to right, cross left over turn $\frac{1}{4}$ right, hold

CROSS ROCK & HOOK, KICK – KICK, CROSS ROCK & HOOK, KICK – FLICK, HOP, HOP

- 1-2 Jumping cross right over and heel left up, step left to place and kick right forward
- 3-4 Jumping step back right and kick left forward, cross left over and heel right up
- 5-6 Jumping step right to place and kick left forward, step left to place and heel right up
- 7-8 Hop left back and touch right back, hop left back and touch right back

KICK SIDE, STOMP UP, KICK SIDE, STOMP UP, STEP $\frac{1}{4}$ TURN LEFT, STOMP, STOMP

- 1-2 Kick right right side, Stomp Up Right
- 3-4 Kick right right side, Stomp Up Right
- 5-6 Step right forward, turn $\frac{1}{4}$ left (weight to left)
- 7-8 Stomp Right, Stomp Left.

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