

# Rockin' Cowgirl

COPPER KNOB  
STEPPERS

拍数: 48                      墙数: 2                      级数: Improver  
编舞者: Kay Needham (USA) - October 2014  
音乐: Holy Cowgirl - J Michael Harter : (Album: Ride On)



## [1-8] R Rocking chair.... Rock, recover, 1/2 shuffle right

1                      Step right forward  
2                      Recover weight to left foot  
3                      Step right foot back  
4                      Recover weight to left foot  
5                      Rock right forward  
6                      Recover weight on left  
7&8                  Turn ½ right and shuffle forward (R,L,R)

## [9-16] L rocking chair..... L rock, recover, 1/4 shuffle left

1                      Step left forward  
2                      Recover weight to right foot  
3                      Step left foot back  
4                      Recover weight to right foot  
5                      Step left forward  
6                      Recover weight to left foot  
7&8                  turn ¼ left and side shuffle (L,R,L)

## [17- 24] R Step, cross, point L...L step, cross, point R....R Jazz box with cross

1                      Step right foot forward (dipping down)  
2                      Point left foot to the L side  
3                      Step left foot forward (dipping down)  
4                      Point right foot to the R side  
5                      Cross step right over left  
6                      Step left foot back  
7                      Step right foot to the right side  
8                      Cross step left foot over right

## [25 – 32] R Lindy,.... 2 toe/heel struts ---- (optional: 2 L Kick ball changes instead of struts)

1&2                  Step to the right, left together, step right  
3                      Rock back on the left foot  
4                      Recover weight on the right foot  
5, 6                  L toe/heel strut to the left corner of the room  
7, 8                  R toe/heel strut to the left corner of the room

## [33- 40] L Lindy ... 2 toe/heel struts----(optional: 2 R Kick ball changes instead of struts)

1&2                  Step to the left, right together, step left  
3                      Rock back on the right foot  
4                      Recover weight on the left foot  
5, 6                  R toe/heel strut to the right corner of the room  
7, 8                  L toe/heel strut to the right corner of the room

## [41- 48] turning 1/4 R cross R over left, recover, right side shuffle..... L cross over R, recover, left side shuffle

1                      Turn ¼ right and step right across the left foot  
2                      Recover weight on left foot  
3&4                  Step right, step left together, step right (side shuffle)  
5                      Step left across right foot  
6                      Recover weight on right foot

7&8

Step left, step right together, step left (side shuffle)

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