

# Cowgirls

COPPERKNOB  
STEPSHEETS

拍数: 56      墙数: 2      级数: Intermediate  
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November 2017  
音乐: I Wanna Be a Farmer - Sunny Cowgirls



Intro : 32 counts

## [1-8] TRIPLE RIGHT SIDE, SAILOR STEP, SAILOR STEP, TOUCH, 1/4 TURN AND KICK

1&2      Triple step right – left – right to the right side  
3&4      Left cross behind right, right to right, left to left  
5&6      Right cross behind left, left to left, right to right  
7-8      Touch left next to right, Turn 1/4 left with left Kick fwd 9 :00

## [9-16] COASTER STEP, TRIPLE FORWARD, KICK BALL TOUCH, HEEL FAN

1&2      Left step back, right next to left, left step fwd  
3&4      Triple step right – left – right fwd  
5&6      Kick left fwd, left next to right, touch right toe fwd (keep right knee bend)  
&7&8      Swivel right heel to the right, recover right heel to center (x 2)

## [17-24] TRIPLE RIGHT SIDE, ¼ TRIPLE LEFT SIDE, ¼ TRIPLE RIGHT SIDE, ¼ TRIPLE LEFT SIDE

1&2      Triple step right – left – right to the right side 9 :00  
3&4      ¼ Turn left and Triple step left – right – left to left side 6 :00  
5&6      ¼ Turn left and Triple step right – left – right to right side 3 :00  
7&8      ¼ Turn left and Triple step left – right – left to left side 12 :00

## [25-32] ROCK FWD, TRIPLE FULL TURN, ROCK FWD, TRIPLE ½ TURN

1-2      Rock fwd on right, recover on left  
3&4      Triple step right – left – right in place full turning right 12 :00  
5-6      Rock fwd on left, recover on right  
7&8      1/4 T left stepping left to left, right next to left, 1/4 T left stepping left fwd 6 :00

## [33-40] ROCK FWD, HEEL SWITCHES, ROCK FWD, COASTER STEP

1-2      Rock fwd on right, recover on left  
&3      Right next to left, left heel fwd  
&4      Recover on left, right heel fwd  
&      Recover on right next to left  
5-6      Rock fwd on left, recover on right  
7&8      Left step back, right next to left, left step fwd

## [41-48] 1/4 TURN & SIDE, TOUCH, KICK BALL CROSS x 2, SIDE POINT SWITCH

1-2      1/4 turn left with large right side step, Touch left next to right 3 :00  
3&4      Kick left, left ball next to right, right cross over left  
5&6      Kick left, left ball next to right, right cross over left  
7&8      Touch left toe to left side, recover on left, Touch right toe to right side

## [49-56] CROSS ROCK, TOGETHER, CROSS ROCK, TOGETHER, HEEL GRIND 1/4 T, ROCK BACK

1-2&      Cross Rock right over left, recover on left, right next to left (&)  
3-4&      Cross Rock left over right, recover on right, left next to right (&)  
5-6      Grind right heel on the floor and swivel right toe to the right 1/4 turning right 6 :00  
7-8      Rock back on right, recover on left

TAG : At the end of walls 1 & 3 (facing 6 :00), do this 8 counts before starting the dance at the beginning

**At the end of wall 5 (facing 6 :00), do 3 times this Tag before starting the dance at the beginning  
[1-8] STOMP, HOLD, STOMP, HOLD, JAZZ BOX CROSS**

1-2 Stomp right, Hold

3-4 Stomp left, Hold

5-6-7-8 Right cross over left, left step back, right to right, left cross over right

**FINAL : Make a Triple full turn left on counts 7&8 on 4th section (instead of triple ½ turn)**

**HAVE FUN !**

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