

CowGirls (No Hard Feelings)

COPPER KNOB
STEPPERS

拍数: 32 墙数: 2 级数: Beginner / Improver
编舞者: Lidia Landon Michael (USA) - October 2022
音乐: Cowgirls (feat. ERNEST) - Morgan Wallen
或: No Hard Feelings - Old Dominion



Intro: hold 16 Counts. Dance starts with Vocals NO TAGS/ NO RESTARTS!

SECTION 1: STOMP, HEEL, COASTER STEP, HIP, HIP, DRAG, TOUCH

1-2 Stomp R In Place, R Heel Jack
3-4 [3&4] R Coaster Step. (Step Back R, Together L, Forward R)
5-6 Push Hips L 2x,
7-8 [&7] L Hitch, Step Wide L, Dragging R [8] Touch R In.

SECTION 2: SHUFFLE SIDE, SHUFFLE SIDE, SHUFFLE SIDE, SHUFFLE SIDE

1&2& R Side Shuffle, L hitch
3&4& L Side Shuffle 1/8 R Turn Facing 1:30, R Hitch
5&6& R Side Shuffle Continue Facing 1:30, L Hitch
7&8 L Side Shuffle 1/8 Turn L Facing 12:00

SECTION 3: HEEL GRIND, STEP, HEEL GRIND, STEP, SIDE MAMBO, SIDE MAMBO

1-2 [1] R Heel Grind, [&] Step In Place L, [2] Step Together R,
3-4 [3] L Heel Grind, [&] ¼ Turn L, Step In Place R, [2] Step Together L
5&6 R Mambo Side
7&8, L Mambo Side

SECTION 4: ANCHOR STEP, ANCHOR STEP, ROCKING CHAIR, STEP PIVOT.

1&2 R Anchor Step: [1] Rock Back R Twisting Body R, Step In Place L, Step R Together
3&4 L Anchor Step: [1] Rock Back L Twisting Body L, Step In Place R, Step L Together
5&6& R Rocking Chair,
7-8 Step R, Pivot ¼ To L Wall (6:00)

Contact: Lidia.michael@outlook.com

Last Update: 14 Aug 2024 - R2