

Cowgirls

COPPER KNOB
STEPSHEETS

拍数: 16 墙数: 4 级数: Beginner
编舞者: Cathy Snow (USA) - August 2023
音乐: Cowgirls (feat. ERNEST) - Morgan Wallen



Intro: 16 Counts
NO RESTARTS or TAGS

[1-8] SCISSOR STEP, SCISSOR STEP, MAMBO FORWARD, MAMBO BACK

1&2 Step R to R, Step L next to R, Cross R over L
3&4 Step L to L, Step R next to L, Cross L over R
5&6 Rock forward on right foot, rock back on left foot, step back on right foot
7&8 Rock back on left foot, rock forward on right foot, step forward on left foot

[9-16] SHUFFLE BACK, ¼ TURNING SAILOR; FORWARD SHUFFLE R, L, R; SHUFFLE L, R, L

1&2 Shuffle Back R, L, R
3&4 ¼ Turn L behind R; Step R to R side; Step L to L side
5&6 Shuffle forward R, L, R
7&8 Shuffle forward L, R, L

Variation: 1. Instead of shuffles ([9-16] steps (7&8) to complete dance, dance first shuffle, then turning shuffle L, R, L (weight ending on L) Restart dance.

2. Replace scissor steps with side mambo steps.

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