

California Cowgirls

COPPER KNOB
STEPPERS

拍数: 48 墙数: 4 级数: Phrased Improver
编舞者: Tammy Velasquez (USA) - October 2024
音乐: Cowgirls (feat. ERNEST) - Morgan Wallen



#16 count intro - approx. 0:12 into music.

Sequence: AABBC AABBC ABBBB

Part A (16 counts)

[1-8] Mambo right, Mambo left, Mambo forward, Mambo back

1&2 (1) Rock right, (&) recover on left (2) Step right next to left
3&4 (3) Rock left (&) recover on right (4) Step left next to right
5&6 (5) Rock forward on right (&) Recover on left (6) Step right next to left
7&8 (7) Rock back on left (&) Recover on right (8) Step left next to right

[9-16] Shuffle right, Shuffle left, Pivot chase ½ over left shoulder, Reverse triple full turn over right shoulder (easier option: shuffle forward left)

1&2 (1) Step right foot forward (&) Step left up to right foot (2) Step right foot forward
3&4 (3) Step left foot forward (&) Step right up to left foot (4) Step left foot forward
5&6 (5) Step right foot forward (&) Pivot ½ over left shoulder (6) Step right foot forward (prep to
reverse full turn right)
7&8 (7) Make ½ turn right stepping back on left (&) ½ turn right stepping forward on right (8) Step
left next to right

(Take weight on left foot) - Easy option: Shuffle left forward

Part B (16 counts)

[1-8] Step touch to the right, Step touch to the left, Step together Step together right, Mirror to the left

1&2& Step right to right side, touch left next to right, step left to left side, touch right next to left
3&4& Step right to right side, step left next to right, step right to right side, touch left next to right
5&6& Step left to left side, touch right next to L, step right to right side, touch left next to right
7&8& Step left to left side, step right next to left, step L to left side, touch right next to left

[9-16] Rock right fwd, Rock left fwd, Paddle 4 times ½ turn over left shoulder

1-2& (1) Rock right forward (2) Recover on left (&) Step right to right side
3-4& (3) Rock left forward (4) Recover on right (&) Step left to left side
5&6&7&8 Touch right foot to right, Turn 1/8 left, Touch right foot to right, Turn 1/8 left, repeat 2 more
time to make ½ turn

Part C (16 counts)

[1-8] Walk right, Walk left, Pivot ½ left, Repeat

1-2 (1) Step right, (2) Step left
3-4 (3) Step right (4) Pivot ½ over left shoulder
5-6 (5) Step right, (6) Step left
7-8 (7) Step right (8) Pivot ½ over left shoulder

[9-16] Shuffle right, Shuffle left, Sailor right in place, Sailor Left ¼ turn left

1&2 (1) Step right foot forward (&) Step left up to right foot (2) Step right foot forward
3&4 (3) Step left foot forward (&) Step right up to left foot (4) Step left foot forward
5&6 (5) Step right behind left (&) Step left to left side (6) Step right to right side
7&8 (7) Step left behind right (&) Step right to right side turning 1/8 left (8) Step left to left side
turning 1/8 left (facing 9 o'clock)

