

# Cowgirls

COPPER KNOB  
STEPSHEETS

拍数: 102      墙数: 1      级数: Phrased Intermediate  
编舞者: Buck Up Dance Crew & Sonya Sedgwick - September 2024  
音乐: Cowgirls (feat. ERNEST) - Morgan Wallen  
或: Cowgirls (feat. Blake Fades) - Morgan Wallen



(No tags or Restarts)

Pattern: A B A B C B

## A (32 Counts)

[1-8] R SWEEP, (3.00) TOE TOUCH-PIVOTS (9.00) TOGETHER (12.00) \*SWIZEL

1 2            R sweep Heel  
3 4            R ½ swivel step (3.00) L toe touch  
5 6            L ½ swivel, L heel (9:00)  
7 8            L step weight (12.00) & Swivel toe heel \*(R arm rotate across body, up to side)

[9-16] L SWEEP, (9.00) TOE TOUCH-PIVOTS (3.00) TOGETHER (12.00) \*SWIZEL

9 10           L Heel sweep  
11 12           L ½ swivel step (9.00) R toe touch  
13 14           R ½ swivel left, R heel (3:00)  
15 16           R step weight (12.00) & knee body roll (L arm rotate across body, up to side)

[17-24] RF, PIVOT ½ (6.00), RF STEP, PIVOT ½ (12.00), WILLIE, HEEL SPLIT, HIP THRUST

17 18           RF, L ½ turn (6.00),  
19 20           RF Step, ½ turn (12.00)  
21 22           R L Willie Pigeon toe, heel split, hip thrust  
23 24           RF rock L touch, LB rock R touch (arm shoulder shimmy)

[25-32] R SIDE STEP, L to R, R POINT, PENCIL, LF ROCK R TOUCH, RB ROCK L TOUCH

25 26           R Side Step, L to R  
27 28           R Point, Pencil 360  
29 30           LF rock R touch  
31 32           RB rock L touch

## B (48 Counts)

[33-40] R HITCH KNEE, R ¼ TURN HITCH KNEE (3.00), R COASTER STEP, HITCH LEFT KNEE, L ¼ TURN HITCH KNEE, (12.00) L COASTER STEP

33 34           R Hitch Knee, R ¼ turn hitch knee (3.00)  
35 36           R coaster step,  
37 38           L hitch knee, L ¼ turn hitch knee, (12.00)  
39 40           L coaster step

[41-48] RF SHUFFLE, LF SHUFFLE, B RODEO SHUFFLE LASSO, JUMP JACK

41 42           RF Shuffle,  
43 44           LF shuffle  
45 46           B rodeo shuffle lasso hands over head  
47 48           Jump Jack feet apart then together

[49-56] L ELECTRIC KICKS, PONY, LB STEP, R KNEE BEND, \*heart shape left chest □

49 50           LF, RB kick off floor, RB, LF kick off floor  
51 52           LR, RF kick off floor, BR, LF kick off floor  
53 54 1           x Pony

55 56 LB Rock, R knee toe bent \*heart shape on left chest □

**[57-64] R TURN ¼ LF ¼, R Step, L Kick, Vine, R Hitch (Feet 12.00 Body 9.00)**

57 58 RF, L ½ turn (6.00),  
59 60 RF Step, ½ turn (12.00) Left Kick  
61 62 Vine (12.00)  
63 64 Right Hitch (Feet 12.00 Body 9.00)

**[65-72] RF STEP, L STEP (12.00) 3x JAZZ BOX CROSS, BACK, BACK POINT, HITCH**

65 66 RF step, L step (12.00)  
67 68 Cross L over R (1), step R back (2), step L back (3), cross R over L (4)  
69 70 Step L back (5), step R back (6)  
71 72 R point, R hitch to L leg

**[73-80] 3 x TRAVELLING Night Club (NC), FORWARD, L point, L Hitch R**

73 74 Rock L behind R, recover weight R  
75 76 Rock R behind L, recover weight L  
77 78 Rock L behind R, recover weight R  
79 80 R point, R hitch to L leg

**C (16 Counts)**

**[81-88] 2 HEEL JACKS, PIVOT COASTER (3.00)**

81 82 Step L, R Cross behind L,  
83 84 Step L, R side step,  
85 86 L heel out, cross left behind right,  
87 88 Step right, left side step, right heel out,

**[95-102] PIVOT COASTER, L SHUFFLE, ¼ PIVOT HITCH & SLAP LEG (9.00) TURN (12.00) HEEL TWIST**

81 82 Pivot Coaster (3.00)  
83 84 L Shuffle  
85 86 ¼ Pivot hitch & slap leg (9.00)  
87 88 Turn (12.00) Heel Twist

**B repeat**

**[33-40] HITCH RIGHT KNEE, ¼ TURN RIGHT HITCH KNEE (3.00), RIGHT COASTER STEP, HITCH LEFT KNEE, ¼ TURN LEFT HITCH KNEE, (12.00) COASTER STEP LEFT**

[73-80] RF step, L Stand (12.00) R 2 x JAZZ BOX CROSS, BACK, BACK, R Point, R Hitch to L leg

[81-88] R Night Club (NC), FORWARD, L NC F, F, L point, L Hitch R [Repeat 73-80]

Stroke cap/hat rim right to left to finish

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