

# Keep Up With a Cowgirl

**COPPER** **NOB**  
BY STEPHEN

拍數: 32      牆數: 4      級數: Absolute Beginner  
編舞者: Debbie Marschall (AUS) - November 2022  
音樂: Keep up with a Cowgirl - David Adam Byrnes



**DANCE STARTS: After 32 Counts on the Vocals**

## SECTION 1: Vine R Hitch L, Vine L Hitch R

1 2 3 4      Step R to R Side, cross L behind R, step R to R side, hitch L  
5 6 7 8      Step L to L Side, cross R behind L, step L to L side, hitch R

## SECTION 2: Walk forward x 3, Kick, Walk back x 3, touch

1 2 3 4      Step fwd R, Step fwd L, Step fwd R, Kick L foot fwd  
5 6 7 8      Step back L, Step back R, Step back L, Touch R beside L

## SECTION 3: K Step (clap on the touches)

1 2      Step R diagonally forward, touch L next to R  
3 4      Step L diagonally back, touch R next to L  
5 6      Step R diagonally back, touch L next to R  
7 8      Step L diagonally forward, touch R next to L

## SECTION 4: Heel Steps x 4 making ¼ turn L

1 2      Touch R Heel Fwd, R beside L  
3 4      Touch L Heel Fwd, L beside R (making 1/8th turn L)  
5 6      Touch R Heel Fwd, R beside L (making 1/8th turn L)  
7 8      Touch L Heel Fwd, L beside R

**No tags or restarts**

**Here is a little easy slow one for absolute beginners cheers**

**Contact: Debbie Marschall - wildbrumbyld@outlook.com**

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