

# Long Live Cowgirls

拍數: 48      牆數: 4      級數: Phrased Improver  
編舞者: Judy Rodgers (USA) - March 2023  
音樂: Cowgirls (feat. ERNEST) - Morgan Wallen



#16 count intro - Sequence: A, A, B, A, A, B, B, A, B, B  
No Tags or Restarts

## Part A: 32c

### S1: Step drag, sailor turn 1/4 L, step pivot 1/2 L, shuffle turn 1/2 L

1-2            Step R big step to right side, drag L toward R  
3&4           Turn 1/4 left step L behind R, step R to right side, step L to left side - 9:00  
5-6           Step R forward, pivot 1/2 left 3:00  
7&8           Turn 1/2 left shuffle R L R 9:00

### S2: Rock recover, kick ball point, drag touch, coaster step

1-2            Rock L back, recover R  
3&4           Kick L forward, step L down, point R to right side (bend left knee)  
5-6           Drag R toward L, touch R (straightening up)  
7&8           Step R back, step L beside R, step R fwd

### S3: Cross, side, behind & heel, & cross, turn 1/4 R, turn 1/4 R shuffle

1-2            Cross L over R, step R to right side  
3&4           Step L behind R, step R to right side, touch L heel to left diagonal  
&5-6          Step L beside R, cross R over L, turn 1/4 right step L back 12:00  
7&8           Turn 1/4 right shuffle R L R to right side 3:00

### S4: Rock recover, shuffle, back touch back touch

1&2           Rock left forward, recover right  
3&4           Shuffle back left, right, left  
5-8           Step right back to right diagonal, touch left, step left back to left diagonal, touch right

## Part B: 16c

### S1: Step tap back kick, coaster step, shuffle

1-2            Step R fwd, tap L toe behind R  
3-4            Step L back, kick R fwd  
5&6           Step R back, step L beside R, step R fwd  
7&8            Shuffle fwd L R L

### S2: Point, turn 1/4 R, point, hitch, weave R

1-2            Point R to right side, turn 1/4 right step R beside L 9:00  
3-4            Point L to left side, hitch L  
5-8            Step L behind R, step R to right side, cross L over R, touch R beside L

Last Update: 6 Mar 2023