

# Long Live Cowgirls

COPPER KNOB  
BYEBOHEETS

拍數: 32      牆數: 2      級數: High Beginner WCS  
編舞者: Juan Aranda (ES) - October 2024  
音樂: Cowgirls (feat. ERNEST) - Morgan Wallen



## [1-8]: WALK RIGHT, WALK LEFT, ANCHOR STEP, SWEEP BACK LF, SWEEP BACK RF, ¼ TURN LF SAILOR STEP

1-2            Step RF FW, step LF FW.  
3&4           Step RF behind LF, push up LF heels, push up RF heels.  
5-6            Sweep LF back, sweep RF back.  
7&8            ¼ turn sweep and step back LF, Step RF slightly back close to LF, step LF to the left. (9:00)

## [9-16]: SWAY ROCK RF, ¼ TURN RECOVER HOOK, SHUFFLE FW, ROCK LF, RECOVER, RF BACK STEP LOCK STEP

1-2            Sway Rock RF to the right, recover with a ¼ turn right RF slightly hooking over LF (12:00)  
3&4            Step RF FW, lock step LF behind RF, step RF FW  
5-6            Rock Step LF forward, recover  
7&8            Step LF back, lock step RF in front of LF, step LF back

## [17-24]: SWAY ROCK RF, ¼ TURN RECOVER HOOK, SHUFFLE FW, SWAY ROCK FW RECOVER, ½ TURN SHUFFLE BACK

1-2            Sway Rock RF to the right, recover weight on LF with a ¼ turn right RF slightly hooking over LF (3:00)  
3&4            Step RF forward, lock step LF behind RF, step RF FW  
5-6            Sway rock LF FW, recover weight on LF  
7&8            ¼ turn LF back (12:00), RF step together LF, ¼ turn LF forward (9:00)

## [25-32]: SIDE ROCK RF RECOVER, CROSS SHUFFLE RF, ¼ TURN LF STEP, SPIRAL, SHUFFLE LF FW

1-2            Side Rock RF, recover  
3&4            Cross RF in front of LF, step LF to the left, cross RF in front of LF  
5-6            ¼ Step LF FW, step RF with a spiral turn over LF to the left  
7&8            Step LF forward, lock step RF behind LF, step LF FW

## START AGAIN

RESTART: On wall 3 dance up to count 16, recover weight on RF and restart dance again facing 12:00.

ENDING: On last wall after spiral (count 30) change shuffle LF for a ½ step pivot turn to L (31-32)

ENJOY THE DANCE!! If you have any question, please contact me: [cowarandaboy@hotmail.com](mailto:cowarandaboy@hotmail.com)