

Cowgirls

拍數: 102 牆數: 1 級數: Phrased Intermediate
編舞者: Buck Up Dance Crew & Sonya Sedgwick - September 2024
音樂: 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
