

# Cowgirl Rockin'

COPPERKNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Nina Skyrud (NOR), Nils Ole Nilsen (NOR), Kari Ludvigsen & Roy A. Shepherd -  
January 2025  
音樂: Cowgirl - Parmalee



Start the dance at the vocal (approx. 5 secs)

**[1-8] Touch in front, Heel swivel, Kick, 2X Back-Kick.**

1,2,3,4      Touch R toe forward (1), Swivel R Heel right (2), Swivel R Heel back to center (3), Kick R (4);  
5,6,7,8      Step R back (5), Kick L (optional w/clap) (6), Step L back (7), Kick R (optional w/clap) (8).  
[12:00]

**[9-16] Back, Hook, Step, Scuff, 2X ½ Swivel Turn L.**

1,2      Step R back (1), Hook L across R knee (2);  
3,4      Step L forward (3), Scuff R (4);  
5,6      Step R forward (5), Swivel ½ Turn left (6),  
7,8      Step R forward (7), Swivel ½ Turn left (8). [12:00]  
(Non-turning option for counts 5-8: Rocking Chair)

**[17-24] ¼ Turn L into Hip Bumps R-L-R, Touch, Side, Touch.**

1-2, 3-4      Turn ¼ turn left bumping Hips R (1-2), Bump Hips L (3-4) [9:00]  
5,6,7,8      Bump Hips R (5), Touch L next to R (6), Step L to left side (7), Touch R next to L (8).

**[25-32] Step, Scuff, Step, Scuff, V-Step.**

1,2,3,4      Step R forward (1), Scuff L (2), Step L forward (3), Scuff R (4);  
5,6,7,8      Step R diagonally right (5), Step L to left side (6), Step R back (7), Step L next to R (8).

Start again!

No tags, No restarts.

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