

# Cowgirl's Delight

COPPER KNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Improver west coast swing  
編舞者: Ann Kang  
音樂: C'est La Vie - Bob Seger



## RIGHT SHUFFLE, LEFT SHUFFLE, ROCK BACK, RECOVER, KICK BALL CHANGE

1&2      Step right to right, close left to right, step right to right  
3&4      Step left to left, close right to left, step left to left  
5-6      Rock back on right, recover on left  
7&8      Kick right forward, step down on right, change weight onto left

## RIGHT SHUFFLE TURN ½ LEFT, ROCK BACK, RECOVER, LEFT SHUFFLE TURN ½ RIGHT, ROCK BACK, RECOVER

1&2      Right shuffle forward turning ½ left stepping right, left, right  
3-4      Rock left back, recover on right  
5&6      Left shuffle forward turning ½ right stepping left, right, left  
7-8      Rock right back, recover on left

## KICK BALL CROSS 4X

1&2      Kick right foot forward diagonally right, step right foot down, cross left in front of right  
3&4      Repeat 1&2  
5&6      Repeat 1&2  
7&8      Repeat 1&2

## RIGHT DIAGONAL FORWARD, HOLD AND CLAP, LEFT DIAGONAL FORWARD, HOLD AND CLAP, SWIRL RIGHT DIAGONAL, SWIRL LEFT DIAGONAL, REPEAT

1-2      Step right forward diagonally right, hold and clap  
3-4      Step left forward diagonally left, hold and clap  
5-6      (Bend knee) swirl right diagonal, swirl left diagonal right  
7-8      Repeat 5-6

## ROCK RIGHT FORWARD, RECOVER, ½ TURN RIGHT, ROCK LEFT FORWARD, RECOVER, COASTER

1-2      Rock right forward, recover on left  
3&4      ¼ turn right step right to right side, step left together, ¼ turn right step right forward (6:00)  
5-6      Rock left forward, recover on right  
7&8      Step left back, step right together with left, step left forward

## TOE, HEEL, CROSS, TOE, HEEL, CROSS, ¼ TURN LEFT AS RIGHT FOOT BACK, STEP LEFT TO LEFT

1-2-3      Touch right toe beside left heel, touch right heel beside left toe, cross right over left  
4-5-6      Touch left toe beside right heel, touch left heel beside right toe, cross left over right  
7-8      ¼ turn left as step right back, step left to left (3:00)

## MONTEREY TURN, STEP FORWARD, ¼ TURN LEFT, STEP FORWARD, ¼ TURN LEFT

1-2      Point right toe to right side, turn ½ right as you step down on right (9:00)  
3-4      Point left toe to left side, step left beside right  
5-6      Step right forward, pivot ¼ turn left  
7-8      Repeat 5-6 (3:00)

## TOUCH RIGHT HEEL DIAGONAL, STEP BACK, TOUCH LEFT HEEL DIAGONAL, STEP BACK, REPEAT 2X

1-2      Touch right heel to right diagonal, step right in place  
3-4      Touch left heel to left diagonal, step left in place

5-6 Repeat 1-2  
7-8 Repeat 3-4

**REPEAT**

---