

Cowgirls

拍數: 72 牆數: 4 級數: Phrased Improver
編舞者: Kurt Fluger (DE)
音樂: Cowgirls Don't Take Bullshit - Jan Allain : (<http://www.janallain.com/cowgirls.htm>)



Sequence: AAAB, AAABB, ABBC

PART A

STOMP, HOLD, COASTER STEP, SHUFFLE FORWARD, STEP, ½ TURN RIGHT

1-2 Stomp step forward with right-foot, hold
3&4 Step left-foot back, step right-foot beside left-foot, step left-foot forward
5&6 Step right-foot forward, step left-foot beside right-foot, step right-foot forward
7-8 Step left-foot forward, pivot ½ turn right

SHUFFLE ½ TURN RIGHT FORWARD, STOMP, HOLD, COASTER STEP, SHUFFLE FORWARD

1&2 Step left-foot forward with ¼ turn right, step right-foot beside left-foot, turn ¼ right and step back with left-foot
3-4 Stomp step back with right-foot, hold
5&6 Step left-foot back, right-foot beside left-foot, step left-foot forward
7&8 Step right-foot forward, step left-foot beside right-foot, step right-foot forward

STOMP, HOLD, SAILOR SHUFFLE, SAILOR WITH ¼ TURN LEFT, FULL TURN LEFT MOVING FORWARD

1-2 Stomp step forward with left-foot, hold
3&4 Cross right-foot behind left-foot, step left-foot to left side, step right-foot in place
5&6 Cross left-foot behind right-foot, turn ¼ left and right-foot to right side, step left-foot forward
7-8 ½ turn left on left-foot and step right-foot back, ½ turn left on right-foot and step left-foot forward

FORWARD ROCK, RECOVER, LOCK SHUFFLE BACK, ½ TURN LEFT STEP FORWARD, SCUFF, STEP FORWARD, ½ TURN LEFT

1-2 Step right-foot forward, recover weight onto left-foot
3&4 Step right-foot back, lock left-foot in front of right-foot, step right-foot back
5-6 ½ turn left on right-foot and step left-foot forward, scuff right-foot
7-8 Step right-foot forward, pivot ½ turn left

PART B

STOMP FORWARD, HOLD, SAILOR WITH ¼ TURN LEFT, SHUFFLE FORWARD WITH ½ TURN LEFT, STOMP BACK, HOLD

1-2 Stomp step forward with right-foot, hold
3&4 Cross left-foot behind right-foot, turn ¼ left and right-foot to right side, step left-foot forward
5&6 Step right-foot forward with ¼ turn left, step left-foot beside right-foot, turn ¼ left and step right-foot back
7-8 Stomp step back with left-foot, hold

COASTER STEP, FULL TURN RIGHT MOVING FORWARD, SHUFFLE FORWARD, SHUFFLE BACK

1&2 Step right-foot back, step left-foot beside right-foot, step right-foot forward
3-4 Turn ½ right and step left-foot back, turn ½ right and step right-foot forward
5&6 Step left-foot forward, step right-foot beside left-foot, step left-foot forward
7&8 Step right-foot back, step left-foot beside right-foot, step right-foot back

¼ TURN LEFT STOMP, HOLD, ½ TURN RIGHT STOMP, HOLD, STOMP FORWARD, HOLD, ½ TURN RIGHT, HOLD

- 1-2 Turn ¼ left and stomp step left with left-foot, hold (arm movements possible)
3-4 Turn ½ right and stomp step right with right-foot, hold (arm movements possible)
5-6 Stomp step forward with left-foot, hold (arm movements possible)
7-8 Pivot ½ turn right, hold (arm movements possible)

SHUFFLE FORWARD, SHUFFLE FORWARD WITH ½ TURN LEFT, COASTER STEP, STOMP FORWARD, ¼ TURN LEFT SIDE STOMP

- 1&2 Step left-foot forward, step right-foot beside left-foot, step left-foot forward
3&4 Step right-foot forward with ¼ turn left, step left-foot beside right-foot, turn ¼ left and step right-foot back
5&6 Step left-foot back, step right-foot beside left-foot, step left-foot forward
7-8 Stomp step forward with right-foot, turn ¼ right and stomp step to left side with left-foot

PART C

STOMP FORWARD, HOLD, ½ TURN LEFT SAILOR, STOMP FORWARD, HOLD, ½ TURN LEFT SAILOR

- 1-2 Stomp step forward with right-foot, hold
3&4 Cross left-foot behind right-foot with ¼ turn left, step right-foot beside left-foot, turn ¼ left and step left-foot forward
5-6 Stomp step forward with right-foot, hold
7&8 Cross left-foot behind right-foot with ¼ turn left, step right-foot beside left-foot, turn ¼ left and step left-foot forward
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