

Cowgirls Do

拍數: 48
編舞者: Christy Schmedt
音樂: Unknown

牆數: 4

級數:



- 1-2 Touch right heel forward, step right back bending knees slightly in a bouncing motion.
- 3-4 Touch left heel forward, step left back bending knees slightly in a bouncing motion.
- 5-6 Repeat steps 1-2.
- 7-8 Touch left heel forward twice.
- Combine the next 4 Counts in a smooth rolling action.**
- 9-10 Step left forward, bend knees down slightly - place left hand on left hip.
- 11-12 Pivot $\frac{1}{4}$ turn to right, stand up straight - place left hand on left hip.
- 13-14 Bump left hip to left, bump right hip to right.
- 15-16 Bump left hip to left twice.
- 17-20 Grapevine right, touch left next to right & clap hands.
- 21-24 Left turning grapevine, touch right next to left.
- 25-26 Touch right toes to right side, touch right toes forward.
- 27-28 Touch right toes to right side, pivot $\frac{1}{2}$ turn to right on ball of left-stepping right next to left.
- 29-30 Touch left toes to left side, touch left toes forward.
- 31-32 Touch left toes to left side, pivot $\frac{1}{2}$ turn to right on ball of right-stepping left next to right.
- 33-36 Step right to right side, drag left gradually up next to right (keep weight on right).
- 37-38 Cowgirls: shimmy shoulders to right gradually bending forward, repeat shimmy.
Cowboys : roll right hip forward, roll left hip back.
- 39-40 Cowgirls: repeat steps 37-38-gradually standing straight.
Cowboys : repeat steps 37-38.
- 41-44 Step left to left side, drag right gradually up next to left (keep weight on left).
- 45-46 Cowgirls: shimmy shoulders to left gradually bending forward, repeat shimmy.
Cowboys : repeat steps 37-38.
- 47-48 Cowgirls: repeat steps 45-46 gradually standing straight.
Cowboys : repeat steps 37-38.

REPEAT
