



Cowgirl Twist



Bill Bader

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Right & Left Heel Struts Forward.		
1 - 2	Step right heel forward. Drop right foot to floor.	Right Strut	Forward
3 - 4	Step left heel forward. Drop left foot to floor.	Left Strut	
5 - 6	Step right heel forward. Drop right foot to floor.	Right Strut	
7 - 8	Step left heel forward. Drop left foot to floor.	Left Strut	
Section 2	Stroll Back, & Heel Toe Swivels Left.		
9 - 11	Step back on right. Step back on left. Step back on right.	Back 2, 3	Back
12	Step left beside right.	Together	
13 - 15	Swivel heels to left. Swivel toes to left. Swivel heels to left.	Heels, Toes, Heels	Left
16	Hold and clap.	Clap	
Section 3	Heel Toe Swivels Right & On The Spot.		
17 - 19	Swivel heels to right. Swivel toes to right. Swivel heels to right.	Heels, Toes, Heels	Right
20	Hold and clap.	Clap	
21 - 22	Swivel heels to left. Hold and clap.	Left. Clap.	On the spot
23 - 24	Swivel heels to right. Hold and clap.	Right. Clap.	
Section 4	Heel Swivels, Step 1/4 Turn.		
25 - 28	Swivel heels - Left, Right, Centre. Hold and clap.	Twist 2, 3 Clap	On the spot
29 - 30	Step forward right. Hold.	Step	Forward
31 - 32	Pivot 1/4 turn left. Hold.	Turn	Turning left.

BEGINNER

4 Wall Line Dance:- 32 Counts. Beginner Level.

Choreographed by:- Bill Bader (Can) Sept 94.

Music Suggestion:- 'What The Cowgirls Do' by Vince Gill (154bpm) from When Love Finds You;
 'Do You Love Me' by The Contours (154 bpm); 'The Twist' by Ronnie McDowell or Chubby Checker (164bpm);
 'Cowgirl Twist' by Dave Sheriff (160bpm) from Love To Line Dance 3,
 'Walk On Faith' by Mike Reid (160bpm) New Stars From The Heartland CD, That's What I Like by Jive Bunny (166bpm).