

# COWGIRLS TWIST

Count: 32. Wall: 4. Level: Beginner

Choreographer: Bill Bader

Music: What The Cowgirls Do by Vince Gill

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## HEEL STRUT, HEEL STRUT, HEEL STRUT, HEEL STRUT

1-4 Step R heel forward, Drop toe to floor, Step L heel forward, Drop toe to floor

5-8 Step R heel forward, Drop toe to floor, Step L heel forward, Drop toe to floor

## BACK, BACK, BACK, TOGETHER, SWIVEL LEFT -HEELS-TOES-HEELS, CLAP

1-4 Step R back, Step L back, Step R back, Step L beside R

5-8 Swivel both heels left, Swivel both toes left, Swivel both heels left, Clap

## SWIVEL RIGHT-HEELS-TOES-HEELS, CLAP, SWIVEL LEFT, CLAP, SWIVEL RIGHT, CLAP

1-4 Swivel heels right, Swivel toes right, Swivel heels right, Clap

5-8 Swivel heels left, Clap, Swivel heels right, Clap

## TWIST HEELS LEFT, RIGHT, LEFT, CENTER, STEP, HOLD, PIVOT 1/4 LEFT, HOLD

1-4 Swivel heels left, Swivel heels right, Swivel heels left, Swivel heels center

**(Bend knees down, down then up, up during the heel twists)**

5 Step R forward (**lean R shoulder forward**)

6 Hold

7 Pivot 1/4 left (**lean shoulders to left**)

8 Hold [**9:00**]

**32 REPEAT**