

# HEY COWGIRL

**Count:** 32. **Wall:** 4. **Level:** Beginner

**Choreographer:** Jan Brookfield (GBR) - January 2020

**Music:** Hey Cowgirl by Randall King. Album: Shot Glass

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**INTRO: 16 count. Weight on L. No Tags, No Restarts.**

## **SIDE, TOGETHER, RHUMBA FORWARD, SIDE, TOGETHER, RHUMBA BACK**

- 1,2 Step R to right, Step L beside R
- 3&4 Step R to right, Step L beside R, Step R forward
- 5,6 Step L to left, Step R beside L
- 7&8 Step L to left, Step R beside L, Step L back

## **ROCK BACK, RECOVER, SHUFFLE 1/2 LEFT, ROCK BACK, RECOVER, SHUFFLE**

- 1,2 Rock R back, Recover onto L
- 3&4 Turn  $\frac{1}{4}$  left step R to right, Step L beside R, Turn  $\frac{1}{4}$  left step R back
- 5,6 Rock L back, Recover onto R
- 7&8 Step L forward, Step R beside L, Step L forward **[6:00]**

## **STEP, TAP, SHUFFLE BACK, BACK, TAP ACROSS, SHUFFLE**

- 1,2 Step R forward, Tap L behind R
- 3&4 Step L back, Step R beside L, Step L back
- 5,6 Step R back, Tap L in front of R
- 7&8 Step L forward, Step R beside L, Step L forward

## **SWAY, SWAY, CHASSE 1/4 RIGHT, SHUFFLE 1/2 RIGHT, ROCK BACK, RECOVER**

- 1,2 Step R to right sway hips right, Sway hips left
- 3&4 Step R to right, Step L beside R, Turn  $\frac{1}{4}$  right step R forward **[9:00]**
- 5&6 Turn  $\frac{1}{4}$  right step L to left, Step R beside L, Turn  $\frac{1}{4}$  right step L back
- 7,8 Rock R back, Recover onto L **[3:00]**

## **32 REPEAT**

**Note:** To keep the dance easy, a decision was made to avoid possible restarts as it works fine without. Music slows down slightly near the end, but just keep on dancing!