

Cowgirl's Twist

TYPE: 4 Wall Line Dance RATING: Beginner

COUNT: 32 STEPS: 43

CHOREOGRAPHER: Bill Bader; Vancouver, BC; (September 1994)

Tel: (604)684-2455;

SOURCE: Cajun Jeonn (June 1996) Email: cajunjon@ctel.com.au

MUSIC: "What the Cowgirls Do" = Vince Gill

"The Twist" = Ronnie McDowell or Chubby Checker

STEP DESCRIPTION:

STRUT FORWARD: RIGHT, LEFT, RIGHT, LEFT

1,2 Touch RIGHT heel straight forward; Snap down RIGHT toe stepping forward

3,4 Touch LEFT heel straight forward; Snap down LEFT toe stepping forward

5-8 REPEAT Steps 1-4

STEP BACK: RIGHT, LEFT, RIGHT, LEFT TOGETHER

9-11 Step straight backward on RIGHT, LEFT, RIGHT

12 Step LEFT backward beside RIGHT

THREE SWIVELS TO LEFT (HEELS, TOES, HEELS) HOLD, THREE SWIVELS TO RIGHT, HOLD

13 Start a traveling swivel to the left: swivel both heels diagonally left

14 Swivel both toes diagonally left

15,16 Swivel both heels diagonally left; Hold

17 Start a traveling swivel to the right: swivel both heels diagonally right

18 Swivel both toes diagonally right

19,20 Swivel both heels diagonally right; Hold

SWIVEL HEELS LEFT, HOLD, SWIVEL HEELS RIGHT, HOLD

21,22 Swivel both heels diagonally left; Hold

23,24 Swivel both heels diagonally right; Hold

SWIVEL HEELS LEFT, RIGHT, CENTER, HOLD

25,26 Swivel both heels diagonally left; Swivel both heels diagonally right

27,28 Swivel both heels left to center (*toes to 12:00*); Hold

STEP RIGHT FORWARD, HOLD, TURN 1/4 LEFT ONTO LEFT, HOLD

29,30 Step RIGHT forward keeping Left toe in place and leaning Right shoulder forward (*body faces 10:30*); Hold

31,32 Turn 1/4 left onto LEFT and lean shoulders to left; Hold

BEGIN DANCE AGAIN

Dance © Copyright remains with choreographer named above. Step description © Copyright 2000 - Country Time Dance Lines Permission is given by choreographer and Country Time Dance Lines to copy and teach as long as nothing is altered.