

Cowgirls Twist

Count: 32 **Wall:** 4

Level: Beginner

Choreographer: Bill Bader, Vancouver, BC, Canada

Music: What the Cowgirls Do - Vince Gill (154 bpm)

4 HEEL STRUTS FORWARD: RIGHT, LEFT, RIGHT, LEFT

1-2 Touch R heel forward, Snap down R toe stepping forward

3-4 Touch L heel forward, Snap down L toe stepping forward

5-6 Touch R heel forward, Snap down R toe stepping forward

7-8 Touch L heel forward, Snap down L toe stepping forward

WALK BACKWARD: R, L, R, TOGETHER, SWIVELS TO LEFT: HEELS, TOES, HEELS, HOLD

9-10 Step back Right, Left, Right

11-12 Step back right, step L back beside R

13-14 Swivel both heels to left, both toes to left,

15-16 Swivel both heels to left, Hold (Option: Clap)

SWIVELS RIGHT: HEELS, TOES, HEELS, HOLD, SWIVEL LEFT, HOLD, SWIVEL S RIGHT, HOLD

17-18 Swivel both heels to right, both toes to right

19-20 Swivel both heels to right Hold (Option: Clap)

21-22 Swivel both heels diagonally left, Hold (Option: Clap)

23-24 Swivel both heels diagonally right, Hold (Option: Clap)

SWIVEL LEFT, RIGHT, CENTRE, HOLD, STEP FORWARD, HOLD, TURN 1/4 LEFT, HOLD

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

27-28 Swivel both heels left to center, Hold (No clap)

29-30 Step R forward keeping Left toe in place. Hold

31-32 Pivot Turn 1/4 left shifting weight onto Left. Hold

Repeat