



# ***Cowgirl's Twist***

Choreographed by *Bill Bader*

Description: 32 count, 4 wall, beginner line dance

Music: **Rock 'N' Roll Angel** by Kentucky Headhunters

**Rockin' With The Rhythm Of The Rain** by The Judds

**What The Cowgirls Do** by Vince Gill

**That's What I Like (Twist Mix)** by Jive Bunny & The Mastermixers

## **HEEL-TOE STRUTS: RIGHT-LEFT-RIGHT-LEFT**

1 Step forward with right heel

2 Drop right toe to floor

3 Step forward with left heel

4 Drop left heel to floor

5 Step forward with right heel

6 Drop right toe to floor

7 Step forward with left heel

8 Drop left heel to floor

## **WALK BACK, 2, 3, TOGETHER**

9 Step back with right foot

10 Step back with left foot

11 Step back with right foot

12 Step together with left foot

## **WIGGLE WALK LEFT, CLAP**

13 Swivel both heels to the left side

14 Swivel both toes to the left side

15 Swivel both heels to the left side

16 Clap hands

## **WIGGLE WALK RIGHT, CLAP**

17 Swivel both heels to the right side

18 Swivel both toes to the right side

19 Swivel both heels to the right side

20 Clap hands

## **SWIVEL LEFT, CLAP, SWIVEL RIGHT, CLAP**

21 Swivel both heel to the left side

22 Clap hands

23 Swivel both heel to the right side

24 Clap hands

## **TWIST - DOWN, DOWN, UP, UP**

25 Swivel both heels to left side

26 Swivel both heels to right side

27 Swivel both heels to left side

28 Swivel both heels to center

## **STEP, HOLD, ¼ TURN, HOLD**

29 Step forward with right foot, leaning right shoulder forward

30 Hold

31 Pivot ¼ turn left on ball of left foot, lean shoulders to left

32 Hold **(REPEAT)**