

## Cowgirl's Twist

Choreographed by Bill Bader

**Description:** 32 count, 4 wall, ultra beginner line dance

**Music:** **Rock 'N' Roll Angel** by The Kentucky Headhunters [128 bpm · Pickin' On Nashville · Best of Kentucky Headhunters · Available on iTunes]

**Rockin' With The Rhythm Of The Rain** by The Judds [148 bpm · The Judds Greatest Hits · Available on iTunes]

**What The Cowgirls Do** by Vince Gill [152 bpm · CD: Best Of Toe The Line · CD: Millenniums Greatest Line Dance Party]

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

**Whose Bed Have Your Boots Been Under** by Shania Twain [146 bpm · The Woman In Me · Available on iTunes]

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

- 1-2 Step right heel forward, drop right toe  
 3-4 Step left heel forward, drop left toe  
 5-6-7-8 Repeat 1-4

### WALK BACK, 2, 3, TOGETHER

- 9-10 Step right back, step left back  
 11-12 Step right back, step left together

### WIGGLE WALK LEFT, CLAP, WIGGLE WALK RIGHT, CLAP

- 13-14-15 Swivel both heels left, swivel both toes left, swivel both heels left  
 16 Clap  
 17-18-19 Swivel both heels right, swivel both toes right, swivel both heels right  
 20 Clap

### SWIVEL LEFT, CLAP, SWIVEL RIGHT, CLAP, TWIST - DOWN, DOWN, UP, UP

- 21-22 Swivel both heels left, clap  
 23-24 Swivel both heels right, clap  
 25-26 Swivel both heels left, swivel both heels right  
 27-28 Swivel both heels left, swivel both heels center

### STEP, HOLD, TURN ¼, HOLD

- 29-30 Step right forward, hold  
*Lean right shoulder forward*  
 31-32 Turn ¼ left (weight to left), hold  
*Lean shoulders to left*

### REPEAT

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