

Cowgirls Twist

4 Wall, 32 Count Line Dance, Easiest Beginner Level Beginner
Choreographer, Bill Bader Vancouver, BC, Canada
Music, What The Cowgirls Do by Vince Gill 154 bpm
Do You Love Me by The Contours 60's oldie, 154 bpm
The Twist by Chubby Checker, 164 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: RIGHT, LEFT, RIGHT, LEFT TOGETHER

9-11 Step back: R, L, R
12 Step L beside R

3 TRAVELLING SWIVELS (RAMBLE) TO LEFT SIDE, HOLD

13 Swivel both heels diagonally left
14 Swivel both toes diagonally left
15 Swivel both toes diagonally left
16 Hold and Clap

3 TRAVELLING SWIVELS (RAMBLE) TO RIGHT SIDE, HOLD

17 Swivel both heels diagonally right
18 Swivel both toes diagonally right
19 Swivel both heels diagonally right
20 Hold and Clap

SWIVEL HEELS LEFT, HOLD, SWIVEL HEELS RIGHT, HOLD

21-22 Swivel both heels diagonally left, Hold and Clap
23-24 Swivel both heels diagonally right, Hold and Clap

SWIVEL HEELS LEFT, RIGHT, CENTRE, HOLD

25-26 Swivel both heels diagonally left, right, center
27-28 Hold and clap

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

29-30 Step R forward keeping Left toe in place, Hold
31-32 Pivot Turn 1/4 left shifting weight onto L, Hold

Begin again