

Cowgirl Twist

4 Wall 32-count line dance

Beginner

1. HEEL-TOE STRUTS FORWARD: RIGHT, LEFT, RIGHT, LEFT

- Step R fwd, slap R toes down **1,2**
- Step L fwd, slap L toes down **3,4**
- Step R fwd, slap R toes down **5,6**
- Step L fwd, slap L toes down **7,8**

2. WALK BACK

- Step R back, step L back, step R back, step L next to R **1,2,3,4**

3. TWIST LEFT & RIGHT: HEELS, TOES, HEEL, PAUSE

- *Moving left:* swivel heels left, toes left, heels left, **hold** **1,2,3,4**
- *Moving right:* swivel heels right, toes right, heels right, hold **5,6,7,8**

4. TWIST HEELS: LEFT, PAUSE, RIGHT, PAUSE, LEFT, RIGHT, LEFT, PAUSE

- Swivel heels left, hold **1,2**
- Swivel heels right, hold **3,4**
- Swivel heels left, right, left (centre), hold **5,6,7,8**

5. STEP FORWARD, PAUSE, TURN QUARTER LEFT, PAUSE

- Step R fwd, hold **1,2**
- Replace weight on L turning 90° L, hold **3,4**

Choreo.: *Bill Bader, Vancouver, B.C., Canada*

Music: : *What the Cowgirls Do Vince Gill*

My Shoes Keep Walkin' Back To You Gina Jeffreys