

Cowgirls Twist

Description: 4 Wall, 32 Count Line Dance, Easiest Beginner Level (Novice)
 Choreographer: Bill Bader Vancouver, BC, Canada
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 Signature Song: **"What The Cowgirls Do"** by Vince Gill (154 bpm)
 Other Highly Recommended Songs: "Do You Love Me" by The Contours (60's oldie) (154 bpm)
 "Mambo No. 5" by Lou Bega (176 bpm)
 "Twistin' The Night Away" by Scooter Lee
 Other Alternate Songs: Your choice of energetic songs like:
 "The Twist" by Ronnie McDowell or Chubby Checker (164 bpm)
 "That's What I Like" by Jive Bunny & The Mix Masters (166 bpm)
 "Honky Tonk Twist" by Scooter Lee (178 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

9-10-11 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 heels diagonally left
 16 Hold (Option: 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 (Option: Clap)

SWIVEL HEELS LEFT, HOLD, SWIVEL HEELS RIGHT, HOLD

21-22 Swivel both heels diagonally left, Hold (Option: Clap)
 23-24 Swivel both heels diagonally right, Hold (Option: Clap)

SWIVEL HEELS LEFT, RIGHT, CENTRE, HOLD

25-26-27 Swivel (not moving anywhere) both heels diagonally left, right, center
 28 Hold (no 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
 End of pattern. Begin again...

This is an updated step description written July 24, 2003 by the choreographer. Photocopying is permitted for classes and competitions. For updates and other dances, visit website <http://www.billbader.com>