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Cowgirl Rockin'

48 Count, 4 Wall, Improver

Choreographer: Glynn Beauchamp & Patsy Fay (NZ)
Sept 2016

Choreographed to: Cowgirl Rockin' by Alice Benfer.

Album: Cowgirl Rockin' EP

Intro: 16 Counts.

Start: On Vocals: Ding Dong Dell

Section 1 Modified V Step, Coaster, Step – Lock – Step, Rock Recover

1 – 2 – 3 & 4 On Right Diagonal Step Forward On Right, On Left Diagonal Step Forward On Left,
Step Back On Right (3), Close Left Beside Right (&), Step Forward On Right (4)
5 & 6 Step Forward On Left (5), Lock Right Behind Left (&), Step Forward On Left (6)
7 – 8 Rock Forward On Right, Recover Onto Left

Section 2 Reverse Step – Lock – Step, Shuffle ½ Turn, ¼ Pivot, ¼ Pivot

1 & 2 Step Back On Right (1), Cross Left Over Right (&), Step Back On Right (2)
3 & 4 Making ½ Turn Left Shuffle Forward Stepping Left (3) – Right (&) – Left (4)
5 – 6 – 7 – 8 Step Forward On Right, ¼ Pivot Left, Step Forward On Right, ¼ Pivot Left

Section 3 Toe Struts Right – Left, ¼ Pivot – Forward, Toe Struts Left – Right, ¼ Pivot – Forward

1 & 2 & 3 & 4 Touch Right Toe Forward (1), Drop Heel (&), Touch Left Toe Forward (2), Drop Heel (&),
Step Forward On Right (3), ¼ Pivot Left (&), Step Forward On Right (4)
5 & 6 & 7 & 8 Touch Left Toe Forward (5), Drop Heel (&), Touch Right Toe Forward (6), Drop Heel (&),
Step Forward On Left (7), ¼ Pivot Right (&), Step Forward On Left (8)

Section 4 Sway Right – Left – Right – Left, Jazz Box ¼ Turn

1 – 2 – 3 – 4 Sway Hips Right – Left – Right – Left
5 – 6 – 7 – 8 Cross Right Over Left, Making ¼ Turn Right Step Back On Left, Step Right To Side,
Close Left Beside Right (3 o'clock)

Section 5 Side Shuffle, Rock Recover, Side Shuffle, Rock Recover

1 & 2 Side Shuffle Stepping Right (1) – Left (&) – Right (2)
3 – 4 Rock Back On Left, Recover Onto Right
5 & 6 Side Shuffle Stepping Left (5) – Right (&) – Left (6)
7 – 8 Rock Back On Right, Recover Onto Left

Section 6 ¼ Pivot – Forward, ¼ Pivot – Forward, Kick – Ball – Touch, Kick – Ball – Touch
1 & 2 Step Forward On Right (1), ¼ Paddle Left (&), Step Forward On Right (2)
3 & 4 Step Forward On Left (3), ¼ Paddle Right (&), Step Forward On Left (4)
5 & 6 Kick Right Forward (5), Close Right Beside Left (&), Touch Left Beside Right (6)
7 & 8 Kick Left Forward (7), Close Left Beside Right (&), Touch Right Beside Left (8) (3 o'clock)

Repeat

Restart:

Note: All restarts come in after the turning Jazz Box.
On Wall 2 After 32 Counts (Facing 6 o'clock), Wall 3 After 32 Counts (Facing 9 o'clock),
Wall 5 After 32 Counts (Facing 3 o'clock), Wall 6 After 32 Counts (Facing 6 o'clock) &
Wall 7 After 32 Counts (Facing 9 o'clock) There Is A Restart

Ending: Dance Ends On Completion Of Wall 8 (Facing 12 o'clock)

This dance is dedicated to Debbie Paul who first heard this track on the Radio & suggested it to her Mum, Patsy that she listen to it.
