











# **Cowboys & Cowgirls**

32 Count, 4 Wall, Beginner Choreographer: Karianne Heimvik (NO) Dec 2018 Choreographed to: Achy Breaky Heart by Billy Ray Cyrus

## Alternative track: Any song with a 4/4 count, steady beat

#### (1-8) Right K- step

1,2: step RF diagonally fwd to right, touch LF next to RF
3,4: step LF diagonally fwd to left, touch RF next to RF
5,6: step RF diagonally back to right, touch LF next to RF
7,8: step LF diagonally back to left, touch RF next to LF

### (9-16) RF Back, LF heel tap, LF step, RF toe tap, repeat

1,2: step back on RF, tap LF heel fwd
3,4: step LF in place, tap RF toes back
5,6: step back on RF, tap LF heel fwd
7,8: step LF in place, tap RF toes back

### (17-24) RF fwd step, touch, LF fwd step, touch, ¼ turn to left, touch, side step, touch

- 1,2: step fwd on RF, touch LF next to RF
- 3,4: step fwd on LF, touch RF next to LF5,6: make ½ turn to left stepping RF to right, touch LF next to RF
- 7,8: step LF to left, touch RF next to LF

#### (25-32) Right dip, left dip, RF in, LF in, swivet

- 1,2: step RF to right, touch LF to left (bend your knees and dip from left to right, straighten legs as you touch LF)
- 3,4: step LF to left, touch RF to right (bend your knees and dip from right to left, straighten legs as you touch RF)
- 5,6: step RF in, step LF in
- 7,8: have weight on right heel and left toe and swivel both toes to right, return feet to center

#### End of dance!

Enjoy, have fun and SMILE!

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