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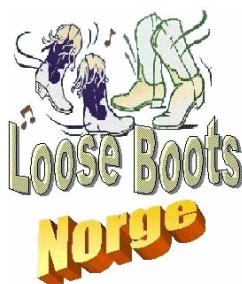
# COWGIRL TWIST

32 COUNT, 4 WALL LINE DANCE.

**PREPARED BY:** SADIAH HEGGERNES (Tlf. 33 05 87 94 Mob. 902 04 440)  
**CHOREOGRAPHED BY:** BILL BADER (CANADA) SEPT '94.  
**LEVEL OF DIFFICULTY:** BEGINNER  
**CHOREOGRAPHED TO:** "WHAT THE COWGIRLS DO" by Vince Gill (154 bpm)  
From "WHEN LOVE FINDS YOU" CD  
**MUSIC SUGGESTION:** "THE TWIST" by Chubby Checker (164bpm);

- Section 1 Right & Left Heel Struts Forward.**  
1 - 2 Step right heel forward. Drop right foot to floor.  
3 - 4 Step left heel forward. Drop left foot to floor.  
5 - 6 Step right heel forward. Drop right foot to floor.  
7 - 8 Step left heel forward. Drop left foot to floor.
- Section 2 Stroll Back, & Heel Toe Swivels Left.**  
1-3 Step back on right. Step back on left. Step back on right.  
4 Step left beside right.  
5-7 Swivel heels to left. Swivel toes to left. Swivel heels to left.  
8 Hold and clap.
- Section 3 Heel Toe Swivels Right & On The Spot.**  
1-3 Swivel heels to right. Swivel toes to right. Swivel heels to  
4 Hold and clap.  
5-6 Swivel heels to left. Hold and clap.  
7-8 Swivel heels to right. Hold and clap.
- Section 4 Heel Swivels, Step 1/4 Turn.**  
1-4 Swivel heels - Left, Right, Centre. Hold and clap.  
5-6 Step forward right. Hold.  
7-8 Pivot 1/4 turn left. Hold.

**START AGAIN!**



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