

Cowgirls Twist

Choreographer: Bill Bader

Count: 32

Wall: 4

Level: Beginner

Music: "What the Cowgirls Do" by Vince Gill "Cowgirl Twist" by Chubby Checker

"Honky Tonk Twist" by Scooter Lee "Don't Be Cruel" by Marty Stuart

"Let's Twist Again" by Marty Stuart



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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

- 9-11 Step back Right, Left, Right
- 12 Step L back beside R

3 TRAVELLING SWIVELS ("RAMBLES") TO LEFT: HEELS, TOES, HEELS, HOLD

- 13-15 Moving to left side: Swivel both heels to left, both toes to left, both heels to left
- 16 Hold (Option: Clap)

3 TRAVELLING SWIVELS ("RAMBLES") TO RIGHT: HEELS, TOES, HEELS, HOLD

- 17-19 Moving to right side: Swivel both heels to right, both toes to right, both heels to 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 Swivel both heels diagonally left, Swivel both heels diagonally right
- 27-28 Swivel both heels left to centre, 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 Left. Hold

Repeat