



COWGIRL

2026



Niveau:

Chorégraphe(s): Sara Honey-DeLong (UK) - June 2026

Description: 32 comptes, 2 murs

Musique: Cowgirl - Shaboozey

Intro: 32 Comptes

SECTION 1: SIDE, TOGETHER, SIDE, TOUCH RIGHT & LEFT

- 1-4 Step right to right side, step left beside right, step right to right side, touch left beside right
- 5-8 Step left to left side, step right beside left, step left to left side, touch right beside left

SECTION 2: STEP, FLICK, STEP, FLICK, GRAPEVINE RIGHT

- 1-2 Step forward on right, flick left foot behind right
(optional slap left heel with right hand)
- 3-4 Step forward on left, flick right foot behind left
(optional slap right heel with left hand)
- 5-8 Step right to right side, cross left behind right, step right to right side, touch left beside right

SECTION 3: K STEP STARTING LEFT

- 1-2 Step left diagonally forward left, touch right beside left
- 3-4 Step right diagonally back right, touch left beside right
- 5-6 Step left diagonally back left, touch right beside left
- 7-8 Step right diagonally forward right, touch left beside right (transfer weight onto the L)

SECTION 4: HEEL, TOGETHER, HEEL, TOGETHER, PIVOT ½ TURN LEFT, STOMPS

- 1-2 Touch right heel forward, step right beside left
- 3-4 Touch left heel forward, step left beside right
- 5-6 Step forward on right, pivot ½ turn left transferring weight onto left
- 7-8 Stomp right beside left, stomp left beside right

Styling Option: During counts 5-6 of Section 4 (the ½ turn pivot left), dancers may make a lasso motion overhead with the right arm.

END: At the end of the music, add one extra stomp with the right foot to finish.

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