

# Cowgirl's Twist

Choreographed by Bill Bader

**Description:** 32 count, 4 wall, ultra beginner line dance

**Musikken:** **Rock 'N' Roll Angel** by The Kentucky Headhunters [128 bpm /  
Pickin' On Nashville / Best of Kentucky Headhunters]

**Rockin' With The Rhythm Of The Rain** by The Judds [148 bpm ECS /  
The Judds Greatest Hits]

**What The Cowgirls Do** by Vince Gill [152 bpm Twostep / CD: Best Of  
Toe The Line / CD: Millenniums Greatest Line Dance Party]

**That's What I Like (Twist Mix)** by Jive Bunny & The Mastermixers  
[Best Of]

**Whose Bed Have Your Boots Been Under** by Shania Twain [146 bpm /  
The Woman In Me]

## HEEL-TOE STRUTS: RIGHT-LEFT-RIGHT-LEFT

1-2 Step right heel forward, drop right toe  
3-4 Step left heel forward, drop left toe  
5-6-7-8 Repeat 1-4

## WALK BACK, 2, 3, TOGETHER

9-10 Step right back, step left back  
11-12 Step right back, step left together

## WIGGLE WALK LEFT, CLAP, WIGGLE WALK RIGHT, CLAP

13-14-15 Swivel both heels left, swivel both toes left, swivel both heels left  
16 Clap  
17-18-19 Swivel both heels right, swivel both toes right, swivel both heels  
right  
20 Clap

## SWIVEL LEFT, CLAP, SWIVEL RIGHT, CLAP, TWIST - DOWN, DOWN, UP, UP

21-22 Swivel both heels left, clap  
23-24 Swivel both heels right, clap  
25-26 Swivel both heels left, swivel both heels right  
27-28 Swivel both heels left, swivel both heels center

## STEP, HOLD, TURN $\frac{1}{4}$ , HOLD

29-30 Step right forward, hold

### *Lean right shoulder forward*

31-32 Turn  $\frac{1}{4}$  left (weight to left), hold

### *Lean shoulders to left*

REPEAT