COWGIRL

Chorégraphe : Sara Honey -Delong (June 2026)
Description : 32 Comptes – 2 Murs
Niveau : Débutant
Musique : Cowgirl - Shaboozey
Départ : 32 Comptes

SEC 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

SEC 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

SEC 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)

SEC 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.

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

ET RECOMMENCEZ AVEC LE SOURIRE !