

# Cowgirls Twist

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**Count:** 32      **Wall:** 4      **Level:** Beginner  
**Choreographer:** Bill Bader, Vancouver, BC, Canada  
**Music:** What the Cowgirls Do - Vince Gill (154 bpm)

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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

**End of pattern. Begin again...**

**Alternate Songs: "Do You Love Me" by The Contours found on many 60's collections (154 bpm)**

**"Blame It On Your Heart" by Patty Loveless (152bpm)**

**"I Want You Bad" by Colin Raye (160bpm)**

**"I Feel Lucky" by Mary Chapin Carpenter (122bpm)**

**"The Twist" by Ronnie McDowell or Chubby Checker (164 bpm)**

**"Cowgirl Twist" by Dave Sheriff, CD: Love To Line Dance 3 (160 bpm)**

**"That's What I Like" by Jive Bunny & The Master Mixers (166 bpm)**

**"Mambo No. 5" by Lou Bega (176 bpm)**

**"Honky Tonk Twist" by Scooter Lee (178 bpm)**