

C OWGIRL TWIST



a.k.a. : COWGIRL TWIST , COWBOY/COWGIRL TWIST

Chorégraphe : Bill BADER - Vancouver, BRITISH COLUMBIA - CANADA / Septembre 1994

LINE Dance : 32 temps - 4 murs

Niveau : débutant

Musique : **What the cowgirls do - Vince GILL - BPM 154**

What on faith - Mike REID - BPM 158

The twist - Ronnie Mc DOWELL - BPM 164

Traduit et préparé par Irène COUSIN, Professeur de Danse - 3 / 2006

STRUT FORWARD : RIGHT, LEFT, RIGHT, LEFT

- 1.2 **HEEL STRUT D** : 1 pas talon D devant (*pointe en l'air*) - DROP : abaisser pointe PD au sol
- 3.4 **HEEL STRUT G** : 1 pas talon G devant (*pointe en l'air*) - DROP : abaisser pointe PG au sol
- 5.6 **HEEL STRUT D** : 1 pas talon D devant (*pointe en l'air*) - DROP : abaisser pointe PD au sol
- 7.8 **HEEL STRUT G** : 1 pas talon G devant (*pointe en l'air*) - DROP : abaisser pointe PG au sol

STEP BACK : RIGHT, LEFT, RIGHT, LEFT TOGETHER

- 1.2.3 3 pas arrière : D. G. D.
- 4 1 pas PG à côté du PD

THREE SWIVELS TO LEFT (HEELS, TOES, HEELS) HOLD, THREE SWIVELS TO RIGHT, HOLD

- 1.2 SWIVEL des talons sur diagonale G ↙ - SWIVEL des pointes sur diagonale G ↘
- 3.4 SWIVEL des talons sur diagonale G ↙ - **HOLD** + CLAP
- 5.6 SWIVEL des talons sur diagonale D ↘ - SWIVEL des pointes sur diagonale D ↗
- 7.8 SWIVEL des talons sur diagonale D ↘ - **HOLD** + CLAP

SWIVELS HEELS LEFT, HOLD, SWIVELS HEELS RIGHT, HOLD

SWIVELS HEELS LEFT, RIGHT, CENTER, HOLD

- 1.2 SWIVEL des talons sur diagonale G ↙ - **HOLD** + CLAP
- 3.4 SWIVEL des talons sur diagonale D ↘ - **HOLD** + CLAP
- 5.6 SWIVEL des talons sur diagonale G ↙ - SWIVEL des talons sur diagonale D ↘
- 7.8 SWIVEL des talons au centre ↓ - **HOLD** + CLAP

STEP RIGHT FORWARD, HOLD, TURN 1/4 LEFT ONTO LEFT, HOLD

- 1.2 1 pas PD avant (*en penchant épaules à D devant 10 : 30*) - **HOLD**
- 3.4 **1/4 de tour G** (*appui PG*), pencher épaules à G - **HOLD**

Cowgirls Twist

Description	4 Wall, 32 Count Line Dance, Easiest Beginner Level (Novice)
Choreographer	Bill Bader Vancouver, BC, Canada
Contact info	604-684-2455 billbader@hotmail.com http://www.billbader.com
Signature Song	"What The Cowgirls Do" by Vince Gill (154 bpm)
Other Highly Recommended Songs	"Do You Love Me" by The Contours (60's oldie) (154 bpm) "Mambo No. 5" by Lou Bega (176 bpm) "Twistin' The Night Away" by Scooter Lee
Other Alternate Songs	Your choice of energetic songs like: "The Twist" by Ronnie McDowell or Chubby Checker (164 bpm) "That's What I Like" by Jive Bunny & The Mix Masters (166 bpm) "Honky Tonk Twist" by Scooter Lee (178 bpm)

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 3 TRAVELLING SWIVELS (RAMBLE) TO LEFT SIDE, HOLD

- 9-10-11 Step back : R, L, R
- 12 Step L beside R
- 13 Swivel both heels diagonally left
- 14 Swivel both toes diagonally left
- 15 Swivel both heels diagonally left
- 16 Hold (Option : Clap)

3 TRAVELLING SWIVELS (RAMBLE) TO RIGHT SIDE, HOLD SWIVEL HEELS LEFT, HOLD, SWIVEL HEELS RIGHT, HOLD

- 17 Swivel both heels diagonally right
- 18 Swivel both toes diagonally right
- 19 Swivel both heels diagonally right
- 20 Hold (Option : Clap)
- 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 STEP RIGHT FORWARD, HOLD, PIVOT TURN 1/4 LEFT, HOLD

- 25-26-27 Swivel (not moving anywhere) both heels diagonally left, right, center
- 28 Hold (no clap)
- 29-30 Step R forward keeping Left toe in place, Hold
- 31-32 Pivot Turn 1/4 left shifting weight onto L, Hold

This is an updated step description written July 24, 2003 by the choreographer. Photocopying is permitted for classes and competitions. For updates and other dances, visit website <http://www.billbader.com>

<http://www.billbader.com/billsteps/CowgirlsTwist.htm>