

COWGIRL'S TWIST

Choreographed by [Bill Bader](#)

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

Music: **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 / [The Judds Greatest Hits](#)]

What The Cowgirls Do by Vince Gill [152 bpm / 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](#)]

Start dancing on lyrics

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 ¼, HOLD

29-30 Step right forward, hold (Lean right shoulder forward)

31-32 Turn ¼ left (weight to left), hold (Lean shoulders to left)

REPEAT