



# Cowgirls Twist

Chorégraphe : Bill Bader

Description : Débutant - 32 Temps - 4 Murs

Musique : « What The Cowgirls Do » / Vince Gill ( 154 bpm )

Musique Alternative : « Do You Love Me » / The Contours ( 154 bpm )

« The Twist » / Ronnie McDowell ou Chubby Checker ( 164 bpm )

« Cowgirl Twist » / Dave Sheriff ( 160 bpm - CD: Love To Line Dance 3 )

« That's What I Like » / Jive Bunny & The Master Mixers ( 166 bpm )

« Mambo No. 5 » / Lou Bega ( 176 bpm )

« Honky Tonk Twist » / Scooter Lee ( 178 bpm )

## Musique du Cours :

- « What The Cowgirls Do » / Vince Gill ( 154 bpm )

### 4 HEEL STRUTS FORWARD: RIGHT, LEFT, RIGHT, LEFT

1 - 2 Avancer Talon D en avant, Abaisser Pointe D

3 - 4 Avancer Talon G en avant, Abaisser Pointe G

5 - 6 Avancer Talon D en avant, Abaisser Pointe D

7 - 8 Avancer Talon G en avant, Abaisser Pointe G

### WALK BACKWARD: RIGHT, LEFT, RIGHT, LEFT TOGETHER

9 - 10 - 11 Reculer PD, Reculer PG, Reculer PD

12 Poser PG à coté PD

### 3 TRAVELING SWIVELS ("RAMBLES") TO LEFT: HEELS, TOES, HEELS, HOLD

13 - 14 - 15 Déplacement à G : Pivoter les deux Talons à G, Pivoter les deux Pointes à G, Pivoter les deux Talons à G

16 Pause ( Option : Clap)

### 3 TRAVELING SWIVELS ("RAMBLES") TO RIGHT: HEELS, TOES, HEELS, HOLD

17 - 18 - 19 Déplacement à D : Pivoter les deux Talons à D, Pivoter les deux Pointes à D, Pivoter les deux Talons à D

20 Pause (Option: Clap)

### SWIVEL HEELS LEFT, HOLD, SWIVEL HEELS RIGHT, HOLD

21 - 22 Pivoter les deux talons à G, Pause ( Option : Clap)

23 - 24 Pivoter les deux talons à D, Pause ( Option : Clap)

### SWIVEL HEELS LEFT, RIGHT, CENTRE, HOLD

25 - 26 Pivoter les deux Talons à G, Pivoter les deux talons à D,

27 - 28 Ramener les deux Talons au centre, Pause

### STEP RIGHT FORWARD, HOLD, PIVOT TURN 1/4 LEFT, HOLD

29 - 30 Avancer PD, Pause

31 - 32 Pivoter  $\frac{1}{4}$  tour à G ( PdC sur PG), Pause

**Convention :** D: Droite, G: Gauche, PD : Pied Droit; PG : Pied Gauche, PdC: Poids du Corps

Traduit de la [fiche originale du chorégraphe](http://passioncountry28.free.fr)

Fiche préparée par Passion Country 28 - <http://passioncountry28.free.fr>

## FEUILLE ORIGINALE :

### ***Cowgirls Twist (a.k.a. Cowgirl Twist, Cowboy/Cowgirls Twist)\****

Description: 4 Wall Line Dance, 32 Counts, Beginner Level 1 - suitable for first-time dancers

Choreographer: Bill Bader billbader@hotmail.com 604-684-2455

Music:

Signature Song: **"What The Cowgirls Do"** by Vince Gill (154 bpm)

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

"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)

plus... Many line dance compilation CDs include other songs they suggest for this dance. Your choice!

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

9-10-11 Step R back, Step L back, Step R back

12 Step L back beside R

3 TRAVELING SWIVELS ("RAMBLES") TO LEFT: HEELS, TOES, HEELS, HOLD

13-14-15 Moving to left side: Swivel both heels to left, both toes to left, both heels to left

16 Hold (Option: Clap)

3 TRAVELING SWIVELS ("RAMBLES") TO RIGHT: HEELS, TOES, HEELS, HOLD

17-18-19 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 Swivel both heels diagonally left

22 Hold (Option: Clap)

23 Swivel both heels diagonally right

24 Hold (Option: Clap)

SWIVEL HEELS LEFT, RIGHT, CENTRE, HOLD

25 Swivel both heels diagonally left

26 Swivel both heels diagonally right

27 Swivel both heels left straightening toes to front

28 Hold (No clap)

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

29 Step R forward keeping Left toe in place

30 Hold

31 Pivot Turn 1/4 left shifting weight onto L

32 Hold

(Dance ends facing 9:00 wall.)

End of pattern. Begin again...

© Bill Bader 1995-2005 This step description was updated Nov. 2005. Photocopying this step sheet without change is allowed for classes and competitions. For updates and more dances, visit website billbader.com

\* Regarding the nicknames of this dance: Cowgirl Twist must have been a typo. Cowgirls has an "s" on it because of "What the Cowgirls Do", which is the song I choreographed this dance to. The Cowboy/Cowgirls name, I am told, came about because some men, would not dance to a line dance named Cowgirls Twist!