

Hey Cowgirl 32 Count, 4 Wall, Beginner

32 Count, 4 Wall, Beginner Choreographer: Jan Brookfield (UK) Jan 2020 Choreographed to: Hey Cowgirl by Randall King (95 BPM)

Start dance on vocals.

Note: To keep the dance easy, a decision was made to avoid possible restarts as it works fine without. Music slows down slightly near the end, but just keep on dancing!

Section 1 1,2,3&4 5,6,7&8	SIDE, CLOSE; SIDE, CLOSE, FORWARD; SIDE, CLOSE; SIDE, CLOSE, BACK Step R to right side, close L to R; step R to right side, close L to R, step R forward Step L to left side, close R to L; step L to left side, close R to L, step L back
Section 2	ROCK BACK, RECOVER, 1/2 TURN SHUFFLE; ROCK BACK, RECOVER, SHUFFLE FORWARD
9,10,11&12 13,14,15&16	Rock R back, recover onto L; half turn shuffle over left shoulder stepping R,L,R Rock L back, recover onto R; shuffle forward on L,R,L (facing 6 o'clock)
Section 3 17,18,19&20 21,22,23&24	STEP FORWARD, TAP, SHUFFLE BACK; STEP BACK, TAP, SHUFFLE FORWARD Step R forward, tap L just behind R; shuffle back on L,R,L Step R back, tap L just in front of R; shuffle forward on L,R,L
Section 4 25,26 27&28 29&30 31,32	SWAY x 2, CHASSE ¼ RIGHT; SHUFFLE ½ TURN RIGHT, ROCK BACK, RECOVER Step R to right side swaying hip to right, recover weight onto L swaying hip to left Chasse quarter turn right: Step R to side, close L to R, step R forward (9 o'clock) Shuffle half turn right over right shoulder on L,R,L (3 o'clock) Rock R back, recover weight onto L

KEEP IT GOING!



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