



## Cowgirl's Twist

Choreographed by Bill Bader

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

**Musique:** **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 ECS /  
The Judds Greatest Hits]

**What The Cowgirls Do** by Vince Gill [152 bpm Twostep / 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]

### HEEL-TOE STRUTS: RIGHT-LEFT-RIGHT-LEFT

- 1 Step forward with right heel
- 2 Drop right toe to floor
- 3 Step forward with left heel
- 4 Drop left heel to floor
- 5 Step forward with right heel
- 6 Drop right toe to floor
- 7 Step forward with left heel
- 8 Drop left heel to floor

### WALK BACK, 2, 3, TOGETHER

- 9 Step back with right foot
- 10 Step back with left foot
- 11 Step back with right foot
- 12 Step together with left foot

### WIGGLE WALK LEFT, CLAP

- 13 Swivel both heels to the left side
- 14 Swivel both toes to the left side
- 15 Swivel both heels to the left side
- 16 Clap hands

### WIGGLE WALK RIGHT, CLAP

- 17 Swivel both heels to the right side
- 18 Swivel both toes to the right side
- 19 Swivel both heels to the right side
- 20 Clap hands

### SWIVEL LEFT, CLAP, SWIVEL RIGHT, CLAP

- 21 Swivel both heel to the left side
- 22 Clap hands
- 23 Swivel both heel to the right side
- 24 Clap hands

### TWIST - DOWN, DOWN, UP, UP

- 25 Swivel both heels to left side
- 26 Swivel both heels to right side
- 27 Swivel both heels to left side
- 28 Swivel both heels to center

### STEP, HOLD, ¼ TURN, HOLD

- 29 Step forward with right foot, leaning right shoulder forward
- 30 Hold
- 31 Pivot ¼ turn left on ball of left foot, lean shoulders to left
- 32 Hold

### REPEAT