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# ***Cowgirl Rockin'***

Choreographer : Nina Skyrud, Nils Ole Nilsen, Kari Ludvigsen & Roy A. Shepherd

Type of dance : 4 Wall

Level : Beginner

Counts : 32

Intro : Start on vocals

Music : Cowgirl – by Parmalee

## **[1-8] Touch in front, Heel swivel, Kick, 2X Back-Kick.**

1,2,3,4            Touch R toe forward (1), Swivel R Heel right (2), Swivel R Heel back to center (3), Kick R (4);  
5,6,7,8            Step R back (5), Kick L (optional w/clap) (6), Step L back (7), Kick R (optional w/clap) (8). [12:00]

## **[9-16] Back, Hook, Step, Scuff, 2X ½ Swivel Turn L.**

1,2                Step R back (1), Hook L across R knee (2);  
3,4                Step L forward (3), Scuff R (4);  
5,6                Step R forward (5), Swivel ½ Turn left (6),  
7,8                Step R forward (7), Swivel ½ Turn left (8). [12:00]  
(Non-turning option for counts 5-8: Rocking Chair)

## **[17-24] ¼ Turn L into Hip Bumps R-L-R, Touch, Side, Touch.**

1-2, 3-4            Turn ¼ turn left bumping Hips R (1-2), Bump Hips L (3-4) [9:00]  
5,6,7,8            Bump Hips R (5), Touch L next to R (6), Step L to left side (7), Touch R next to L (8).

## **[25-32] Step, Scuff, Step, Scuff, V-Step.**

1,2,3,4            Step R forward (1), Scuff L (2), Step L forward (3), Scuff R (4);  
5,6,7,8            Step R diagonally right (5), Step L to left side (6), Step R back (7), Step L next to R (8).

**START AGAIN**

***No tags, No restarts.***

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