

# COWGIRL SALSA

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**Count:** 64      **Wall:** 2      **Level:** Beginner / Intermediate

**Choreographer:** Margaret Malloch & Josephine Mackay

**Music:** If I Said You Had A Beautiful Body by The Bellamy Brothers

- 1                    Rock forward right foot
- 2                    Rock back left foot
- 3&4                Shuffle back starting right foot
- 5                    Rock back left foot
- 6                    Rock forward right foot
- 7&8                Shuffle forward starting left foot
  
- 9                    Rock side right foot
- 10                  Step left foot on spot
- 11&12             Shuffle right foot across left
- 13                  Rock side left foot
- 14                  Step right foot on spot
- 15&16             Shuffle left foot across right
  
- 17-20             Paddle step right foot twice turning  $\frac{1}{2}$  left
- 21&22-23&24    Shuffle forward right foot and left foot
- 25-32             Repeat steps 17-24
  
- 33                  Heel right foot across left foot
- 34                  Step back on left foot
- 35&36             Chasse right foot to right side
- 37                  Heel left foot across right foot
- 38                  Step back on right foot

- 39&40** Chasse left foot to left side
- 41-44** Heel switches right left right clap, clap
- 45-48** Heel switches left right left clap, clap
- 49** Rock left foot across right foot
- 50** Step back on right foot swing left foot (ronde)
- 51&52** Sailor step left foot
- 53** Rock right foot across left foot
- 54** Step back on left foot swing right foot (ronde)
- 55&56** Sailor step right foot
- 57** Step left foot forward
- 58½ turn by right**
- 59&60** Shuffle forward left foot
- 61** Take a big step to right with right foot
- 62** Slide left foot in
- 63** Close left foot beside right
- &642** Claps

**REPEAT**

**Use lots of hip movements throughout to give the dance that salsa feeling!**