

# Hey Cowgirl

LINEDANCE.COM

**Count:** 32                      **Wall:** 4                      **Level:** Beginner

**Choreographer:** Jan Brookfield - January 2020

**Music:** "Hey Cowgirl" by Randall King, 95 BPM

**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!**

**Start dance on vocals.**

**Section 1 : SIDE, CLOSE; SIDE, CLOSE, FORWARD; SIDE, CLOSE; SIDE, CLOSE, BACK**

**1,2,3&4: Step R to right side, close L to R; step R to right side, close L to R, step R forward**

**5,6,7&8: 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: Rock R back, recover onto L; half turn shuffle over left shoulder stepping R,L,R**

**13,14,15&16: Rock L back, recover onto R; shuffle forward on L,R,L (facing 6 o'clock)**

**Section 3 : STEP FORWARD, TAP, SHUFFLE BACK; STEP BACK, TAP, SHUFFLE FORWARD**

**17,18,19&20: Step R forward, tap L just behind R; shuffle back on L,R,L**

**21,22,23&24: Step R back, tap L just in front of R; shuffle forward on L,R,L**

**Section 4 : SWAY x 2, CHASSE ¼ RIGHT; SHUFFLE ½ TURN RIGHT, ROCK BACK, RECOVER**

**25,26: Step R to right side swaying hip to right, recover weight onto L swaying hip to left**

**27&28: Chasse quarter turn right : Step R to side, close L to R, step R forward (9 o'clock)**

**29&30: Shuffle half turn right over right shoulder on L,R,L (3 o'clock)**

**31,32: Rock R back, recover weight onto L**

**KEEP IT GOING!**

**Last Update - 24 Jan. 2020**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=139095](https://www.linedance.com/index.php?f=dance_view&id=139095)