

Friday Night Cowgirl

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Count: 64 **Wall:** 4 **Level:** High Beginner

Choreographer: Britta Lyngsø Jensen, Denmark (July 2009)

Music: Friday Night Cowgirl by Wenche Hartmann CD: Friday Night Cowgirl (128 BPM)

Intro: 16 count

Side Rock Cross R Hold, Side Rock Cross L Hold

1-2-3-4 R side rock, recover L, Cross R over L, Hold (12:00)

5-6-7-8 L side rock, recover R, Cross L over R, Hold

Chasse R, Chasse Box

1&2 Step Right to Right, Step Left next to Right, Step Right to Right (12:00)

3&4 Left $\frac{1}{4}$ left, Right beside Left, Left to Left. (3:00)

5&6 Right $\frac{1}{4}$ right, Left beside Right, Right to Right (6:00)

7&8 Left $\frac{1}{4}$ left, Right beside Left, Left to Left (9:00)

Kick Ball step R, Walk R-L, Step $\frac{1}{2}$ turn L, Shuffle R-L-R

1&2 Kick forward Right, Step Right beside Left, Step forward Left

3-4 Step forward Right, step forward Left

5-6 Step forward Right, $\frac{1}{2}$ turn Left (3:00)

7&8 Step Right forward, left beside Right, Right forward

Rock L, Recover R, Coaster L, Step R, $\frac{1}{4}$ Left, Cross Shuffle.

1-2 Rock forward Left, recover Right

3&4 Step back Left, Right to Left, step forward on Left

5-6 Step forward Right, $\frac{1}{4}$ Left (12:00)

7&8 Cross Right over Left, Left beside Right, Step forward Right.

Side Rock L, Behind Side Cross L, Side Rock R, Behind Side Cross R

1-2 Rock Left to Left side, Recover Right

3&4 Step left behind Right, Step Right to Right, Cross Left over Right

5-6 Rock Right to Right side, Recover Left

7&8 Step Right behind Left, Step Left to Left, Cross Right over Left

Side Rock L, Sailor ¼ L, Shuffle R-L-R, Step ½ turn R

1-2 Rock Left to Left side, Recover Right

3&4 ¼ turn Left stepping back on Left, Step Right beside Left, Step Left forward (9:00)

5&6 Step Right forward, Left beside Right, Step Right forward

7-8 Step Left forward, ½ turn Right (3:00)

Step L, Kick R, Step back R, Touch L cross over R, Step Lock Step, Scuff

1-2 Step forward Left, Kick Right

3-4 Step Right back, Touch Left Toe cross Right

5-6-7-8 Step Left forward, Lock Right behind Left, Step left forward, Scuf

Step ½ turn Left, Rocking Chair, Forward R-L

1-2 Step forward Right, ½ turn Left (9:00)

3-4-5-6 Rock forward Right, recover Left, Rock back Right, Recover Left

7-8 Step forward Right, Step forward Left

Start dance again.