

# Cowgirls

LINEDANCE.COM

**Count:** 16      **Wall:** 4      **Level:** Beginner

**Choreographer:** Cathy Snow (USA) - August 2023

**Music:** Cowgirls (feat. ERNEST) - Morgan Wallen

## **Intro: 16 Counts**

### **NO RESTARTS or TAGS**

### **[1-8] MAMBO RIGHT, MAMBO LEFT, MAMBO FORWARD, MAMBO BACK**

- 1&2**      Rock R to R side; recover L; step R
- 3&4**      Rock L to L side; recover R, step L
- 5&6**      Rock forward on right foot, rock back on left foot, step back on right foot
- 7&8**      Rock back on left foot, rock forward on right foot, step forward on left foot

### **[9-16] SHUFFLE BACK, ¼ TURNING SAILOR; FORWARD SHUFFLE R, L, R; SHUFFLE L, R, L**

- 1&2**      Shuffle Back R, L, R
- 3&4¼** Turn L behind R; Step R to R side; Step L to L side
- 5&6**      Shuffle forward R, L, R
- 7&8**      Shuffle forward L, R, L

**Variation: 1. Instead of shuffles ([9-16] steps (7&8) to complete dance, dance first shuffle, then turning shuffle L, R, L (weight ending on L) Restart dance.**

**Variation: 2. Depending on level of dancers you can change 1-4 to scissors and 5-8 mambo front and back.**

**Contact:** [mrssno@email.com](mailto:mrssno@email.com)

**Last Update:** 24 Mar 2025