

Cmon Cowgirl

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Count: 32

Wall: 2

Level: Intermediate

Choreographer: Joshua Talbot (AUS), Stephen Paterson (AUS) & Tina Argyle (UK) - September 2025

Intro: 16 counts

Section 1: R FWD, L MAMBO SWEEP, BEHIND, $\frac{1}{4}$, FWD HITCH, ROCK BACK, RECOVER, $\frac{3}{4}$ CHASE

1, 2&3 Step R fwd, rock L fwd, recover weight R, step L back sweeping R back

4&5 Step R behind L, $\frac{1}{4}$ L step L fwd, step R fwd bring L knee up 9.00

6, 7 Rock L back (keep R toe pointed fwd), recover weight R

8&1 Step L fwd, $\frac{3}{4}$ turn R taking weight R, step L to L 6.00

Section 2: BEHIND, SIDE, CROSS x3, RECOVER, SIDE, CROSS, R SCISSOR $\frac{1}{8}$

2& Step R behind L, step L to L

3&4& Cross R over L, step L together, cross R over L, step L together

5, 6&7 Cross R over L, recover weight L, step R to R, step L over R

8&1 Step R to R, $\frac{1}{8}$ step L together, step R fwd 4.30

Section 3: $\frac{1}{8}$ FWD, SAMBA $\frac{1}{4}$ R, MODIFIED DIAMOND

2 $\frac{1}{8}$ R step L fwd 6.00

3&4 $\frac{1}{8}$ R step R fwd, $\frac{1}{8}$ R rock L to L, recover weight R 9.00

5&6& Cross L over R, step R to R, $\frac{1}{8}$ L step L back, step R back 7.30

7, 8 $\frac{1}{8}$ L step L to L, step R fwd 6.00

Section 4: MAMBO $\frac{1}{2}$, $\frac{1}{2}$ LOCK SHUFFLE, L COASTER, FWD, TOUCH, BACK, HOOK

1&2 Rock L fwd, recover weight R, $\frac{1}{2}$ L step L fwd 12.00

3&4 $\frac{1}{4}$ L step R to R, $\frac{1}{4}$ R cross L over R, step R back 6.00

5&6 Step L back, Step R together, step L fwd

7&8& Step R fwd, touch L toe behind R, step L back, hook R to L shin (keep it low)

Tag: End of wall 1 & 3: Facing back wall

1 Step R fwd sweeping L fwd

2&3 Cross L over R, step R to R, step L back R sweeping R back

4& Step R behind R, step L to L

End of wall 5: Facing back wall

1, 2 Rock R fwd, recover weight L hook R to L shin (keep it Low)

Finish: Continue to walk around to the front when you start section 3, slowing with the music

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