

COWGIRL'S DELIGHT

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Count: 64

Wall: 4

Level: beginner/intermediate west coast swing

Choreographer: Ann Kang

Music: C'est La Vie by Bob Seger

RIGHT SHUFFLE, LEFT SHUFFLE, ROCK BACK, RECOVER, KICK BALL CHANGE

- 1&2** Step right to right, close left to right, step right to right
- 3&4** Step left to left, close right to left, step left to left
- 5-6** Rock back on right, recover on left
- 7&8** Kick right forward, step down on right, change weight onto left

RIGHT SHUFFLE TURN ½ LEFT, ROCK BACK, RECOVER, LEFT SHUFFLE TURN ½ RIGHT, ROCK BACK, RECOVER

- 1&2** Right shuffle forward turning ½ left stepping right, left, right
- 3-4** Rock left back, recover on right
- 5&6** Left shuffle forward turning ½ right stepping left, right, left
- 7-8** Rock right back, recover on left

KICK BALL CROSS 4X

- 1&2** Kick right foot forward diagonally right, step right foot down, cross left in front of right
- 3&4** Repeat 1&2
- 5&6** Repeat 1&2
- 7&8** Repeat 1&2

RIGHT DIAGONAL FORWARD, HOLD AND CLAP, LEFT DIAGONAL FORWARD, HOLD AND CLAP, SWIRL RIGHT DIAGONAL, SWIRL LEFT DIAGONAL, REPEAT

- 1-2** Step right forward diagonally right, hold and clap
- 3-4** Step left forward diagonally left, hold and clap
- 5-6(Bend knee) swirl right diagonal, swirl left diagonal right**
- 7-8** Repeat 5-6

ROCK RIGHT FORWARD, RECOVER, ½ TURN RIGHT, ROCK LEFT FORWARD, RECOVER, COASTER

1-2 Rock right forward, recover on left

3&4¹/₄ turn right step right to right side, step left together, ¹/₄ turn right step right forward (6:00)

5-6 Rock left forward, recover on right

7&8 Step left back, step right together with left, step left forward

TOE, HEEL, CROSS, TOE, HEEL, CROSS, ¹/₄ TURN LEFT AS RIGHT FOOT BACK, STEP LEFT TO LEFT

1-2-3 Touch right toe beside left heel, touch right heel beside left toe, cross right over left

4-5-6 Touch left toe beside right heel, touch left heel beside right toe, cross left over right

7-8¹/₄ turn left as step right back, step left to left (3:00)

MONTEREY TURN, STEP FORWARD, ¹/₄ TURN LEFT, STEP FORWARD, ¹/₄ TURN LEFT

1-2 Point right toe to right side, turn ¹/₂ right as you step down on right (9:00)

3-4 Point left toe to left side, step left beside right

5-6 Step right forward, pivot ¹/₄ turn left

7-8 Repeat 5-6 (3:00)

TOUCH RIGHT HEEL DIAGONAL, STEP BACK, TOUCH LEFT HEEL DIAGONAL, STEP BACK, REPEAT 2X

1-2 Touch right heel to right diagonal, step right in place

3-4 Touch left heel to left diagonal, step left in place

5-6 Repeat 1-2

7-8 Repeat 3-4

REPEAT