

# COWGIRLS DELIGHT

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**Count:** 64      **Wall:** 4      **Level:** Beginner/Intermediate level

**Choreographer:** Ann Kang

**Music:** Sweet Nothings by The Deans (CD: Almost Live)

**If using "Sweet Nothings", start dancing at "ear" ("My baby whispers in my ear") R shuffle, L shuffle, Rock back, Recover, Kick ball change.**

- 1 & 2      Step R to R, Close L to R, Step R to R.
- 3 & 4      Step L to L, Close R to L, Step L to L.
- 5 - 6      Rock back on R, Recover on L.
- 7 & 8      Kick R forward, Step down on R, Change weight onto left.

**R shuffle turn 1/2 L, Rock back, Recover, L shuffle turn 1/2 R, Rock back, Recover.**

**1 & 2 R shuffle forward turning 1/2 L stepping R.L.R.**

- 3 - 4      Rock L back, Recover on R.

**5 & 6 L shuffle forward turning 1/2 R stepping L.R.L.**

- 7 - 8      Rock R back, Recover on L.

**Kick ball cross 4x.**

- 1 & 2      Kick R foot forward diagonally R (1), Step R foot down (&), Cross L in front of R (2).
- 3 & 4      Repeat 1 & 2.
- 5 & 6      Repeat 1 & 2.
- 7 & 8      Repeat 1 & 2.

**R diagonal forward, Hold and clap, L diagonal forward, Hold and clap, Swirl R diagonal, Swirl L diagonal, Repeat.**

- 1 - 2      Step R forward diagonally R (1), Hold and clap (2).
- 3 - 4      Step L forward diagonally L (3), hold and clap (4).
- 5 - 6 (Bend knee) Swirl R diagonal (5), Swirl L diagonal R (6).**
- 7 - 8      Repeat 5 - 6.

**Rock R forward, Recover, 1/2 turn R, Rock L forward, Recover, Coaster.**

1 - 2 Rock R forward, Recover on L.

**3 & 4 ¼ turn R step R to R side, Step L together, ¼ turn R step R forward (6:00).**

5 - 6 Rock L forward, Recover on R.

7 & 8 Step L back, Step R together with L, Step L forward.

**Toe, Heel, Cross, Toe, Heel, Cross, ¼ turn L as RF back, Step L to L.**

1 - 2 - 3 Touch R toe beside L heel, Touch R heel beside L toe, Cross R over L.

4 - 5 - 6 Touch L toe beside R heel, Touch L heel beside R toe, Cross L over R.

**7 - 8 ¼ turn L as Step R back (7), Step L to L (8) (3:00).**

**Monterey Turn, Step forward, ¼ turn L, Step forward, ¼ turn L.**

1 - 2 Point R toe to R side (1), Turn 1/2 R as you step down on R (2) (9:00).

3 - 4 Point L toe to L side (3), Step L beside R (4).

5 - 6 Step R forward (5), pivot ¼ turn left (6)

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

**Press R heel diagonal, Step back, Press L heel diagonal, Step back, Repeat 2x.**

1 - 2 Press R heel to right diagonal (1), Step R in place (2).

3 - 4 Press L heel to left diagonal (3), Step L in place (4).

5 - 6 Repeat 1 - 2.

**7 - 8 Repeat 3 - 4. Start over and have fun. Website: [www.annkang.com](http://www.annkang.com), Email: [rck188@yahoo.com](mailto:rck188@yahoo.com)**