

# COWGIRLS

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**Count:** 72

**Wall:** 4

**Level:** Phrased Beginner / Intermediate

**Choreographer:** Fedor K.

**Music:** Cowgirls Don't Take Bullshit by Jan Allain (<http://www.janallain.com/cowgirls.htm>)

**Sequence:** AAAB, AAABB, ABBC

## PART A

### STOMP, HOLD, COASTER STEP, SHUFFLE FORWARD, STEP, ½ TURN RIGHT

- 1-2 Stomp step forward with right-foot, hold
- 3&4 Step left-foot back, step right-foot beside left-foot, step left-foot forward
- 5&6 Step right-foot forward, step left-foot beside right-foot, step right-foot forward
- 7-8 Step left-foot forward, pivot ½ turn right

### SHUFFLE ½ TURN RIGHT FORWARD, STOMP, HOLD, COASTER STEP, SHUFFLE FORWARD

- 1&2 Step left-foot forward with ¼ turn right, step right-foot beside left-foot, turn ¼ right and step back with left-foot
- 3-4 Stomp step back with right-foot, hold
- 5&6 Step left-foot back, right-foot beside left-foot, step left-foot forward
- 7&8 Step right-foot forward, step left-foot beside right-foot, step right-foot forward

### STOMP, HOLD, SAILOR SHUFFLE, SAILOR WITH ¼ TURN LEFT, FULL TURN LEFT MOVING FORWARD

- 1-2 Stomp step forward with left-foot, hold
- 3&4 Cross right-foot behind left-foot, step left-foot to left side, step right-foot in place
- 5&6 Cross left-foot behind right-foot, turn ¼ left and right-foot to right side, step left-foot forward

### 7-8½ turn left on left-foot and step right-foot back, ½ turn left on right-foot and step left-foot forward

### FORWARD ROCK, RECOVER, LOCK SHUFFLE BACK, ½ TURN LEFT STEP FORWARD, SCUFF, STEP FORWARD, ½ TURN LEFT

- 1-2 Step right-foot forward, recover weight onto left-foot

**3&4** Step right-foot back, lock left-foot in front of right-foot, step right-foot back

**5-6½ turn left on right-foot and step left-foot forward, scuff right-foot**

**7-8** Step right-foot forward, pivot ½ turn left

**PART B**

**STOMP FORWARD, HOLD, SAILOR WITH ¼ TURN LEFT, SHUFFLE FORWARD WITH ½ TURN LEFT, STOMP BACK, HOLD**

**1-2** Stomp step forward with right-foot, hold

**3&4** Cross left-foot behind right-foot, turn ¼ left and right-foot to right side, step left-foot forward

**5&6** Step right-foot forward with ¼ turn left, step left-foot beside right-foot, turn ¼ left and step right-foot back

**7-8** Stomp step back with left-foot, hold

**COASTER STEP, FULL TURN RIGHT MOVING FORWARD, SHUFFLE FORWARD, SHUFFLE BACK**

**1&2** Step right-foot back, step left-foot beside right-foot, step right-foot forward

**3-4** Turn ½ right and step left-foot back, turn ½ right and step right-foot forward

**5&6** Step left-foot forward, step right-foot beside left-foot, step left-foot forward

**7&8** Step right-foot back, step left-foot beside right-foot, step right-foot back

**¼ TURN LEFT STOMP, HOLD, ½ TURN RIGHT STOMP, HOLD, STOMP FORWARD, HOLD, ½ TURN RIGHT, HOLD**

**1-2** Turn ¼ left and stomp step left with left-foot, hold (arm movements possible)

**3-4** Turn ½ right and stomp step right with right-foot, hold (arm movements possible)

**5-6** Stomp step forward with left-foot, hold (arm movements possible)

**7-8** Pivot ½ turn right, hold (arm movements possible)

**SHUFFLE FORWARD, SHUFFLE FORWARD WITH ½ TURN LEFT, COASTER STEP, STOMP FORWARD, ¼ TURN LEFT SIDE STOMP**

**1&2** Step left-foot forward, step right-foot beside left-foot, step left-foot forward

**3&4** Step right-foot forward with ¼ turn left, step left-foot beside right-foot, turn ¼ left and step right-foot back

**5&6** Step left-foot back, step right-foot beside left-foot, step left-foot forward

**7-8** Stomp step forward with right-foot, turn  $\frac{1}{4}$  right and stomp step to left side with left-foot

## **PART C**

### **STOMP FORWARD, HOLD, $\frac{1}{2}$ TURN LEFT SAILOR, STOMP FORWARD, HOLD, $\frac{1}{2}$ TURN LEFT SAILOR**

**1-2** Stomp step forward with right-foot, hold

**3&4** Cross left-foot behind right-foot with  $\frac{1}{4}$  turn left, step right-foot beside left-foot, turn  $\frac{1}{4}$  left and step left-foot forward

**5-6** Stomp step forward with right-foot, hold

**7&8** Cross left-foot behind right-foot with  $\frac{1}{4}$  turn left, step right-foot beside left-foot, turn  $\frac{1}{4}$  left and step left-foot forward