

Cowgirls On

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Count: 32

Wall: 4

Level: Beginner

Choreographer: Maggie Shipley (USA) & Cathy Garland (USA) - March 2025

Restarts: One restart on wall 5 (facing 12:00) after 16 counts.

Walk RLR, Hitch L, Step LF Back, Touch RF Back, Shuffle Forward R

1, 2, 3, 4 Walk RF forward, Walk LF forward, Walk RF forward, Hitch L knee up in air.

5, 6, 7 & 8 Step LF back, Touch RF back, Step RF forward, Step LF next to R, Step RF forward.

Rock LF Forward, Recover R, Hop Out LR, Hold (Clap), Hip Bumps RR, LL

1, 2, & 3, 4 Rock LF forward, Recover back on RF, Quick step LF to L side, Step RF to R side, Hold (Clap).

5, 6, 7, 8 Bump hips to R, Bump hips to R, Bump hips to L, Bump hips to L.

Restart here on wall 5 (12:00)

Vine R with LF Flick, Step L, Flick RF, Step RF Back making 1/4 Turn L, Hook LF over R

1, 2, 3, 4 Step RF to R side, Step LF behind R, Step RF to R side, Flick LF behind R.

5, 6, 7, 8 Step LF to L side, Flick RF behind L, Step RF back while making 1/4 turn over your L shoulder, Hook LF over R leg.

Shuffle LRL, Shuffle RLR, 1/2 Pivot R, Shuffle LRL

1 & 2, 3 & 4 Step LF forward, Step RF next to L, Step LF forward, Step RF forward, Step LF next to R, Step RF forward.

5, 6, 7 & 8, Step LF forward, Pivot 1/2 turn over your R shoulder, Step LF forward, Step RF next to L, Step LF forward.

Weight ends on your left, start again! Enjoy! :)

Huge thank you to Cathy from Granite State Stomp for choreographing this line dance with me.

Last Update: 4 Mar 2025

