

Hey Cowgirl

Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: Jan Brookfield – January 2020

Music: "Hey Cowgirl" by Randall King, 95 BPM



Note: To keep the dance easy, a decision was made to avoid possible restarts as it works fine without. Music slows down slightly near the end, but just keep on dancing!

Start dance on vocals.

Section 1 : SIDE, CLOSE; SIDE, CLOSE, FORWARD; SIDE, CLOSE; SIDE, CLOSE, BACK

1,2,3&4 : Step R to right side, close L to R; step R to right side, close L to R, step R forward
5,6,7&8 : Step L to left side, close R to L; step L to left side, close R to L, step L back

Section 2 : ROCK BACK, RECOVER, 1/2 TURN SHUFFLE; ROCK BACK, RECOVER, SHUFFLE FORWARD

9,10,11&12 : Rock R back, recover onto L; half turn shuffle over left shoulder stepping R,L,R
13,14,15&16 : Rock L back, recover onto R; shuffle forward on L,R,L (facing 6 o'clock)

Section 3 : STEP FORWARD, TAP, SHUFFLE BACK; STEP BACK, TAP, SHUFFLE FORWARD

17,18,19&20 : Step R forward, tap L just behind R; shuffle back on L,R,L
21,22,23&24 : Step R back, tap L just in front of R; shuffle forward on L,R,L

Section 4 : SWAY x 2, CHASSE ¼ RIGHT; SHUFFLE ½ TURN RIGHT, ROCK BACK, RECOVER

25,26 : Step R to right side swaying hip to right, recover weight onto L swaying hip to left
27&28 : Chasse quarter turn right : Step R to side, close L to R, step R forward (9 o'clock)
29&30 : Shuffle half turn right over right shoulder on L,R,L (3 o'clock)
31,32 : Rock R back, recover weight onto L

KEEP IT GOING!

Last Update - 24 Jan. 2020