

Footloose Cowgirl

COPPER KNOB
STEPPSHEETS

Count: 32

Wand: 2

Ebene: Beginner

Choreograf/in: Unknown - February 2025

Musik: Cowgirl - Parmalee : (iTunes and Amazon)



Intro: 16 counts

NO TAGS, NO RESTARTS, YOU'RE WELCOME ☐

(1 – 8) GRAPEVINE R, GRAPEVINE L

- 1 – 4 Step R to R, Step L behind R, Step R to R, Touch L next to R
- 5 – 8 Step L to L, Step R behind L, Step L to L, Touch R next to L

(9 – 16) K STEP

- 1 – 2 Step R forward on diagonal, Touch L next to R
- 3 – 4 Recover on L at center, Touch R next to L
- 5 – 6 Step R backward on diagonal, Touch L next to R
- 7 – 8 Recover on L at center, Step R next to L

(17 – 24) HEEL SPLITS 2Xs, PRESENT HEEL, TOE TOUCHES

- 1 – 2 Split both heels out to sides, Bring back to center
- 3 – 4 Split both heels out to sides, Bring back to center
- 5 – 8 Present R heel forward 2Xs, Tap R toe backwards 2Xs

(25 – 32) ALTERNATE HEELS, PRESENT HEEL 2Xs, R TOE TAPS HOOK & FLICK

- 1&2& Present R heel forward, Step R next to L, Present L heel forward, Step L next to R
- 3 – 4 Present R heel forward 2Xs
- 5 – 8 Tap R toe behind you, Tap R toe to R side, Hook R across front of L, Flick R to R while pivoting to L ¼ turn (9:00)

Restart and smile ☐

Styling suggestion: you may make the grapevines rolling vines if you'd prefer.

LiveLoveLaughLineDance

IG @linedancerjan

TikTok @linedancerjan

barndancerj@gmail.com