

American Cowgirl

Count: 64

Wall: 4

Level: Improver

Choreographer: Gary Lafferty (UK) - August 2022

Music: American Cowgirl (Nicky/ Dottie) - Monarch Cast & Anna Friel



WEAVE TO LEFT; SIDE-ROCK-CROSS, HOLD

- 1-4 Step to Left on Left foot, cross-step Right foot behind Left, step to Left on Left foot, cross-step Right foot over Left
- 5-8 Rock to Left on Left foot, recover weight onto Right foot, cross-step Left foot over Right, hold

SIDE-TOGETHER-BACK, HOLD; SIDE-TOGETHER-SIDE; HOLD

- 1-4 Step to Right on Right foot, step on Left foot beside Right, step back on Right foot, hold
- 5-8 Step to Left on Left foot, step on Right foot beside Left, step to Left on Left foot, hold

CROSS-ROCK. RECOVER, SIDE, HOLD; CROSS-ROCK, RECOVER, ¼ TURN, HOLD

- 1-4 Cross-rock Right foot over Left, recover weight onto Left foot, step to Right on Right foot, hold
- 5-8 Cross-rock Left foot over Right, recover weight onto Right foot, turn ¼ Left stepping forward onto Left foot, hold

2 X PADDLE ¼ TURN TO LEFT ("LASSO STEPS"); RUN-RUN-RUN; HOLD

- 1-2 Hitch Right foot slightly as you turn ¼ Left on ball of Left foot, touch Right foot out to Right side
- 3-4 Hitch Right foot slightly as you turn ¼ Left on ball of Left foot, touch Right foot out to Right side
- 5-8 Step forward on Right foot, step forward on Left foot. Step forward on Right, hold (Restart here on wall 3)

DIAGONAL FORWARD, TOUCH, BACK, KICK; BEHIND-SIDE-CROSS. HOLD

- 1-4 Step diagonally-forward Left on Left foot, touch Right foot beside Left, step diagonally back on Right foot, kick Left foot
- 5-8 Cross-step Left foot behind Right, step to Right on Right foot, cross-step Left foot over Right, hold

MONTEREY ¼ TURN; MONTEREY ¼ TURN WITH HOLD

- 1-4 Point Right out to Right side, turn ¼ Right stepping on Right beside Left, point Left out to Left, step on Left beside Right
- 5-8 Point Right out to Right side, turn ¼ Right stepping on Right beside Left, point Left out to Left, hold

WEAVE – FRONT, SIDE BEHIND, SWEEP; BEHIND, SIDE, CROSS, HOLD

- 1-4 Cross-step Left over Right, step to Right on Right, cross-step Left behind Right, sweep Right foot from front to back
- 5-8 Cross-step Right foot behind Left, step to Left on Left foot, cross-step Right foot over Left, hold

SIDE-ROCK, RECOVER, CROSS, HOLD; ¼ TURN, ¼ TURN. CROSS, HOLD

- 1-4 Rock to Left on Left foot, recover weight onto Right foot, cross-step Left foot over Right, hold
- 5-8 Turn ¼ Left stepping back on Right foot, turn ¼ Left stepping to Left on Left foot, cross-step Right over Left, hold

START AGAIN

RESTART – restart the dance after 32 counts on Wall 3

TAG – At the end of Wall 6, there are an extra 4 counts of music, add the below steps as a Tag:

1-4 Step to Left on Left foot, touch Right foot beside Left, step to Right on Right foot, touch Left foot beside Right

MUSICALITY NOTES – when you are doing the paddle turns on wall 1, she sings “I’ll show you how to lasso the wind” – so you can raise your right arm in the air & twist your wrist (with your imaginary lasso □) as you paddle around. You can also do the same on other walls then she sings “American Cowgirl” at this point in the song. Then on the chorus walls, the run-run-run steps will fit with the lyrics “running through my veins”
