# Wallen's Cowgirls

**Count: 32** 

Level: Improver

Choreographer: Janet Kearney (USA) - 1 April 2023

Music: Cowgirls (feat. ERNEST) - Morgan Wallen

Intro: 16 counts - dance starts on the word ON **NO TAGS OR RESTARTS** 

#### (1 – 8) SIDE ROCK CROSS R, SIDE ROCK CROSS L, SHUFFLE R, ¼ SAILOR TURN L

- 1&2 Step R to R side, Recover weight on L, Cross R in front of L taking weight on R (WOR)
- 3&4 Step L to L side, Recover weight on R, Cross L in front of R taking WOL
- Step R to R side, Step L beside R, Step R to R side 5&6
- 7 & 8 Make 1/4 turn to L (9:00) crossing L behind R, Step R to R side, Step L next to R

## (9 – 16) BODY ROLL, SHUFFLE BACK R, SHUFFLE BACK L, SIDE TOUCHES R-L W/ ¼ TURN L

- 1 2 Step R forward and roll body back ending with weight on L
- 3&4 Step R back, Step L next to R, Step R back
- 5&6 Step L back, Step R next to L, Step L back
- 7 & 8 & Step R to R side, Touch L next to R, Step L to L side while making a 1/4 turn to L (6:00), Touch R next to L

## (17 – 24) GRAPEVINE R, GRAPEVINE L, PIVOT ½ TURN L 2Xs

- 1 & 2 & Step R to R, Step L behind R, Step R to R, Touch L next to R
- 3 & 4 & Step L to L, Step R behind L, Step L to L, Touch R next to L
- 5-6 Step forward on R, pivot <sup>1</sup>/<sub>2</sub> turn to L taking WOL (12:00)
- 7 8Step forward on R, pivot <sup>1</sup>/<sub>2</sub> turn to L taking WOL (6:00)

## (25 – 32) R MAMBO FORWARD, WALK BACK 2Xs, L COASTER, R KICK BALL CHANGE

- 1&2 Rock forward on R, Step L back to center, Step R slightly behind L
- 3 4 Walk backwards L-R
- 5&6 Step L backwards, Step R at center, Step L slightly in front of R
- 7 & 8 Kick R forward, Step R at center, Step L next to R taking WOL

#### **Repeat and smile!**

Feel free to modify the body roll as I know some people do not enjoy doing them or can't do them You may also make the vines rolling vines if you'd like! Cheers!

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**Wall:** 2