

# Cowgirls

**COPPER** **NOB**  
BY STEPHEN B. HETS

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Sean Monaghan (USA) - March 2024

Music: Cowgirls (feat. ERNEST) - Morgan Wallen

or: Gasolina - Daddy Yankee



## Intro: 16 Counts

### [1 – 8] R STOMP FORWARD, L RECOVER, R BACK, L BACK, R OUT, L OUT, SIDE ROCKS, ¼ SHUFFLE RIGHT

- 1, 2 Stomp R forward, recovering onto L
- 3&4& Step R back, step L back, step R out to right side, step L out to left side
- 5, 6 Rock out to right side, recover and rock out to left side
- 7&8 Step R out to R side while turning ¼ turn right, step L forward, step R forward (3:00)

### [9 – 16] L FORWARD SCUFF, HOP, R HEEL SWIVEL, L HEEL SWIVEL, HEEL SWITCHES, R SLIDE BACK, TOGETHER

- &1, 2 Scuff L forward and hop and land on both feet, bounce
- 3&4& Swivel right heel in and back out, swivel left heel in and back out
- 5&6& Touch right heel forward and bring it back in, touch left heel forward and bring it back in
- 7 – 8 Push back on L, stepping R back with a slide, dragging left heel to follow back, stepping L to meet R

### [17 – 24] MAMBO CROSS X2, LOCK STEP, ROCK RECOVER, L HEEL SWITCH, R BACK TOE TOUCH

- 1&2 Step R out to right side, recover onto L, and cross R over L
- 3&4 Step L out to left side, recover onto R, and cross L over R, aligning to 4:30
- &5, 6 Lock R behind L, step (or stomp) L forward rocking and recovering onto R
- &7&8 Bring L back and present R heel, bring R back in, touching L toe back behind

### [25 – 32] ¼ TURN KICK, BACK TOE TOUCH, ¼ TURN KICK, HEEL TOUCH, HEEL HITCH, 1/8th BALL HEEL, WALK X2

- 1&2 Kick L out while turning ¼ turn left (1:30), bring L back in, touching R toe back behind
- 3&4& Kick R out while turning ¼ turn right (4:30), bring R back in, touching L heel forward, bring L back in
- 5&6& Touch R heel forward, hitch R heel back across L leg, touch R heel forward, bring R back in on ball of foot
- 7&8& Touch L heel forward while turning 1/8th turn L (3:00), bring L back in, step R forward, step L forward

Submitted by: Terence Ng Email: [terence.w.ng@gmail.com](mailto:terence.w.ng@gmail.com)