

AB Cowgirl

Count: 32

Wall: 4

Level: Absolute Beginner

Choreographer: Rebecca Blower (UK) - April 2025

Music: Cowgirl - Parmalee



TWO HEEL DIGS & A "V" STEP

- 1-2 Dig right heel forward, step right foot next to left
- 3-4 Dig left heel forward, step left foot next to right
- 5-6 Step right foot diagonally forward to the right corner, Step left foot diagonally forward to the left corner
- 7-8 Step right foot back and center Step left foot next to right

TWO HEEL DIGS & A "V" STEP

- 1-2 Dig right heel forward, step right foot next to left
- 3-4 Dig left heel forward, step left foot next to right
- 5-6 Step right foot diagonally forward to the right corner, Step left foot diagonally forward to the left corner
- 7-8 Step right foot back and center Step left foot next to right

STEP TOUCH RIGHT & LEFT, VINE RIGHT

- 1-2 Step right to right side, touch left next to right
- 3-4 Step left to left side, touch right next to left
- 5-6 Step right to right side, step left behind right
- 7-8 Step right to right side, touch left next to right

STEP TOUCH LEFT & RIGHT, VINE LEFT WITH 1/4 HINGE LEFT & SCUFF

- 1-2 Step left to left side, touch right next to left
- 3-4 Step right to right side, touch left next to right
- 5-6 Step left to left side, step right behind left
- 7-8 Step left to left side turning 1/4 to the left (9:00), scuff right foot

OPTION TO CLAP ON THE STEP TOUCHES

MODIFICATIONS: If vines are too difficult start with "side together side touch"

Please credit the choreographer if posting on social media channels or other websites.

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