

With a Cowgirl

Count: 32

Wall: 4

Level: Beginner

Choreographer: Natalie Ackerman (USA) - June 2025

Music: Cowgirl - Parmalee



Start on lyrics

[1-8] K STEP

- 1,2 Step RF forward to R diagonal (1), touch L toe next to RF (2) **
- 3,4 Step LF back to L diagonal (3), touch R toe next to LF (4) *
- 5,6 Step RF back to R diagonal (5) (12:00), touch L toe next to RF (6) **
- 7,8 Step LF forward to L diagonal (7), touch R toe next to LF (8) *

****DOUBLE CLAP, *SINGLE CLAP**

[9-16] ¼ PADDLE TURN, R GRAPEVINE

- 1,2 Step RF forward turning ¼ turn L (1), transfer weight back to LF (2) (10:30)
- 3,4 Step RF forward turning ¼ turn L (3), transfer weight back onto LF (4) (9:00)
- 5,6 Step RF to R side(5), cross LF behind RF (6)
- 7,8 Step RF to R side(7), touch L toe next to RF (8)

[17-24] HIP SWAY, TOUCH, SWAY, TOUCH, L GRAPEVINE

- 1,2 Step LF to L side, sway hips R to L (1), touch R toe in place (2)
- 3,4 Sway hips L to R, replacing weight to RF (3), touch L toe in place (4)
- 5,6 Step LF to L side (5), step RF behind LF (6)
- 7,8 Step LF to L side (7), touch R toe next to LF (8)

[25-32] HIP SWAY, TOUCH, SWAY, TOUCH, JAZZ BOX

- 1,2 Step RF to R side, sway hips L to R (1), touch L toe in place (2)
- 3,4 Sway hips R to L, replacing weight to LF (3), touch R toe in place (4)
- 5,6 Cross RF over LF (5), step back onto LF (6)
- 7,8 Step RF to R side (7), Step LF together next to RF (8)

CLAPS ARE NOT MANDATORY

Last Update: 30 Jun 2025