

Cowboy Twist

Count: 28

Wall: 2

Level: Beginner

Choreographer: Darlene Collins

Music: All Shook Up - Billy Joel



HEEL SWIVELS

- 1 Swivel heels to the right
- 2 Swivel heels to the left
- 3 Swivel heels to the right
- 4 Swivel heels to the left
- 5 Swivel heels to the right
- 6 Swivel heels to the left
- 7 Swivel heels to the right
- 8 Swivel heels to the center

HEEL/TOE TOUCHES

- 9 Touch right heel forward
- 10 Touch right heel forward again
- 11 Touch right toe behind
- 12 Touch right toe behind again

GRAPEVINE RIGHT

- 13-15 Vine right (step right to right; step left behind right; step right to right)
- 16 Hitch left knee

ROCK & PIVOT

- 17 Rock forward on left foot
- 18 Rock back on right foot
- 19 Rock forward on left foot
- 20 Hitch right knee and pivot $\frac{1}{2}$ turn to the left on ball of left foot at the same time

ROCK & SCOOT

- 21 Rock forward on right foot
- 22 Rock back onto left foot
- 23 Rock forward onto right foot
- 24 Hitch left knee and scoot forward on right foot

WALK & STOMP

- 25-27 Walk forward on left, right, left
- 28 Stomp right foot next to left

REPEAT
