Cowgirls

Count: 72	**Wall:** 4	**Level:** Phrased Improver

Choreographer: Kurt Fluger (DE)

Music: Cowgirls Don't Take Bullshit - Jan Allain : (http://www.janallain.com/cowgirls.htm)

Sequence: AAAB, AAABB, ABBC

PART A
STOMP, HOLD, COASTER STEP, SHUFFLE FORWARD, STEP, ½ TURN RIGHT

1-2	Stomp step forward with right-foot, hold
3&4	Step left-foot back, step right-foot beside left-foot, step left-foot forward
5&6	Step right-foot forward, step left-foot beside right-foot, step right-foot forward
7-8	Step left-foot forward, pivot ½ turn right

SHUFFLE ½ TURN RIGHT FORWARD, STOMP, HOLD, COASTER STEP, SHUFFLE FORWARD

1&2	Step left-foot forward with ¼ turn right, step right-foot beside left-foot, turn ¼ right and step back with left-foot
3-4	Stomp step back with right-foot, hold
5&6	Step left-foot back, right-foot beside left-foot, step left-foot forward
7&8	Step right-foot forward, step left-foot beside right-foot, step right-foot forward

STOMP, HOLD, SAILOR SHUFFLE, SAILOR WITH ¼ TURN LEFT, FULL TURN LEFT MOVING FORWARD

1-2	Stomp step forward with left-foot, hold
3&4	Cross right-foot behind left-foot, step left-foot to left side, step right-foot in place
5&6	Cross left-foot behind right-foot, turn ¼ left and right-foot to right side, step left-foot forward
7-8	½ turn left on left-foot and step right-foot back, ½ turn left on right-foot and step left-foot forward

FORWARD ROCK, RECOVER, LOCK SHUFFLE BACK, ½ TURN LEFT STEP FORWARD, SCUFF, STEP FORWARD, ½ TURN LEFT

1-2	Step right-foot forward, recover weight onto left-foot
3&4	Step right-foot back, lock left-foot in front of right-foot, step right-foot back
5-6	½ turn left on right-foot and step left-foot forward, scuff right-foot
7-8	Step right-foot forward, pivot ½ turn left

PART B
STOMP FORWARD, HOLD, SAILOR WITH ¼ TURN LEFT, SHUFFLE FORWARD WITH ½ TURN LEFT, STOMP BACK, HOLD

1-2	Stomp step forward with right-foot, hold
3&4	Cross left-foot behind right-foot, turn ¼ left and right-foot to right side, step left-foot forward
5&6	Step right-foot forward with ¼ turn left, step left-foot beside right-foot, turn ¼ left and step right-foot back
7-8	Stomp step back with left-foot, hold

COASTER STEP, FULL TURN RIGHT MOVING FORWARD, SHUFFLE FORWARD, SHUFFLE BACK

1&2	Step right-foot back, step left-foot beside right-foot, step right-foot forward
3-4	Turn ½ right and step left-foot back, turn ½ right and step right-foot forward
5&6	Step left-foot forward, step right-foot beside left-foot, step left-foot forward
7&8	Step right-foot back, step left-foot beside right-foot, step right-foot back

¼ TURN LEFT STOMP, HOLD, ½ TURN RIGHT STOMP, HOLD, STOMP FORWARD, HOLD, ½ TURN RIGHT, HOLD

1-2	Turn ¼ left and stomp step left with left-foot, hold (arm movements possible)
3-4	Turn ½ right and stomp step right with right-foot, hold (arm movements possible)
5-6	Stomp step forward with left-foot, hold (arm movements possible)
7-8	Pivot ½ turn right, hold (arm movements possible)

SHUFFLE FORWARD, SHUFFLE FORWARD WITH ½ TURN LEFT, COASTER STEP, STOMP FORWARD, ¼ TURN LEFT SIDE STOMP

1&2	Step left-foot forward, step right-foot beside left-foot, step left-foot forward
3&4	Step right-foot forward with ¼ turn left, step left-foot beside right-foot, turn ¼ left and step right-foot back
5&6	Step left-foot back, step right-foot beside left-foot, step left-foot forward
7-8	Stomp step forward with right-foot, turn ¼ right and stomp step to left side with left-foot

PART C
STOMP FORWARD, HOLD, ½ TURN LEFT SAILOR, STOMP FORWARD, HOLD, ½ TURN LEFT SAILOR

1-2	Stomp step forward with right-foot, hold
3&4	Cross left-foot behind right-foot with ¼ turn left, step right-foot beside left-foot, turn ¼ left and step left-foot forward
5-6	Stomp step forward with right-foot, hold
7&8	Cross left-foot behind right-foot with ¼ turn left, step right-foot beside left-foot, turn ¼ left and step left-foot forward