

Cowgirl Trailride

COPPER KNOB
STEP SHEETS

Compte: 32

Mur: 4

Niveau: Beginner



Chorégraphe: Too.gl074 (USA) - April 2025

Musique: Country Girl - Tonio Armani

I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong musical muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music. NOTE: for style sink low into the steps, keep hip swings smooth. Contact the Submitter at yaelchina@yahoo.com for links to short FB reels of smooth style.

SIDE STEP HIP SWIVELS TO RIGHT, LEFT

1 2 3 4 Step to right swinging hips right, left, right, left
5 6 7 8 Step to left swinging hips left, right, left, right

FORWARD HIP SLOW FORWARD HIP SWIVELS FRONT AND BACK

1 2 3 4 Step forward on right and lean forward swinging hips front, back
5 6 7 8 Repeat forward swivels steps 1-4

STOMP, SAILOR STEPS ENDING IN KICK

1 2 3&4& Stomp on right for counts 1 and 2, do left sailor step in place LRL, kick left foot on 4&
5 6 7&8& Stomp on left, do right sailor step RLR, kick right foot

STEP TOUCH BACKS, WALKING THREE QUARTER TURN RIGHT

1 2 3 4 Step right, touch left behind, step to left, touch right foot behind
5 6 7 8 Three quarter turn left walking RLRL

Submitted by: Bonnie Berns - Email: yaelchina@yahoo.com

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