

Cowgirl Boogie N' Strut

Compte: 64

Mur: 4

Niveau: Intermediate/Advanced



Chorégraphe: Teree Desarro (USA)

Musique: Big Love - Tracy Byrd

Start on vocals. If dancing to Tracy Byrd's "Cowgirl", there is a 16-count bridge after the first verse/rotation. See step description at end of dance.)

DOUBLE TOES FANS

- 1 Fan toes of right to the right
- 2 Remaining to the right, tap toes of right again
- 3 Return toes of right to center
- 4 Remaining at center, tap toes of right again
- 5 Fan toes of left to the left
- 6 Remaining to the left, tap toes of left again
- 7 Return toes of left to center
- 8 Remaining at center, tap toes of left again

STEP, SLIDE, STEP, BRUSH, REPEAT

- 9 Step forward on right
- 10 Slide left foot to heel of right
- 11 Step forward on right
- 12 Brush left foot forward
- 13 Step forward on left
- 14 Slide right foot to heel of left
- 15 Step forward on left
- 16 Brush right foot forward

JAZZ BOX WITH ¼ TURN, JAZZ BOX

- 17 Cross step right in front of left
- 18 Step back on left
- 19 Step ¼ turn to the right on right
- 20 Step left next to right
- 21 Cross step right in front of left
- 22 Step back on left
- 23 Step to the right on right
- 24 Step left next to right

FORWARD TOE-HEEL STRUTS WITH KNEES BENT (BOOGIE STRUTS)

- 25 With knees bent, step forward on ball of right, while moving left shoulder forward
- 26 Step down on heel of right, while moving left shoulder home
- 27 With knees bent, step forward on ball of left, while moving right shoulder forward
- 28 Step down on heel of left, while moving right shoulder home
- 29 With knees bent, step forward on ball of right, while moving left shoulder forward
- 30 Step down on heel of right, while moving left shoulder home
- 31 With knees bent, step forward on ball of left, while moving right shoulder forward
- 32 Step down on heel of left, while straightening up and moving right shoulder home

SIDE TOUCHES

- 33 Touch toes of right to the right side
- 34 Step right next to left

- 35 Touch toes of left to the left side
- 36 Step left next to right
- 37 Touch toes of right to the right side
- 38 Step right next to left
- 39 Touch toes of left to the left side
- 40 Step left next to right

HEEL, CROSS/TAP, HEEL, ¼ TURN/SLAP, HEEL, CROSS/TAP, HEEL, ¼ TURN/SLAP

- 41 Tap right heel forward
- 42 Cross right in front of left leg, tapping toes of right outside of left foot
- 43 Tap right heel forward
- 44 Pivot ¼ turn to the left on left and slap outside of right heel with right hand
- 45 Tap right heel forward
- 46 Cross right in front of left leg, tapping toes of right outside of left foot
- 47 Tap right heel forward
- 48 Pivot ¼ turn to the left on left and slap outside of right heel with right hand

FORWARD TOE-HEEL STRUTS WITH KNEES BENT (BOOGIE STRUTS)

- 49 With knees bent, step forward on ball of right, while moving left shoulder forward
- 50 Step down on heel of right, while moving left shoulder home
- 51 With knees bent, step forward on ball of left, while moving right shoulder forward
- 52 Step down on heel of left, while moving right shoulder home
- 53 With knees bent, step forward on ball of right, while moving left shoulder forward
- 54 Step down on heel of right, while moving left shoulder home
- 55 With knees bent, step forward on ball of left, while moving right shoulder forward
- 56 Step down on heel of left, while straightening up and moving right shoulder home

SIDE TOUCHES

- 57 Touch toes of right to the right side
- 58 Step right next to left
- 59 Touch toes of left to the left side
- 60 Step left next to right
- 61 Touch toes of right to the right side
- 62 Step right next to left
- 63 Touch toes of left to the left side
- 64 Step left next to right

REPEAT

If dancing to Tracy Byrd's "Cowgirl", there is a 16 count Bridge after first verse/rotation.

BRIDGE

GRAPEVINE RIGHT, SCUFF, GRAPEVINE LEFT, SCUFF

- 1 Step to the right on right
- 2 Cross step left behind right
- 3 Step to the right on right
- 4 Scuff left next to right
- 5 Step to the left on left
- 6 Cross step right behind left
- 7 Step to the left on left
- 8 Scuff right next to left

FORWARD TOE-HEEL STRUTS WITH KNEES BENT (BOOGIE STRUTS), HEEL SPLITS

- 9 With knees bent, step forward on ball of right, while moving left shoulder forward
- 10 Step down on heel of right, while moving left shoulder home

- 11 With knees bent, step left next to right on ball of left, while moving right shoulder forward
 - 12 Step down on heel of left, while moving right shoulder home
 - 13 Split heels apart
 - 14 Bring heels together
 - 15 Split heels apart
 - 16 Bring heels together
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