

Holy Cowgirl

拍数: 48 墙数: 4 级数: Beginner
编舞者: Betty Moses (USA) - September 2014
音乐: Holy Cowgirl - J Michael Harter



Intro – 32 Counts - Start on vocals

[1-8] Triple to the R, Rock/Recover, Pivot ¼ R, Stomp Twice

1&2 Step R to side (1), Step L next to R (&), step R to side (2),
3-4 Rock L behind R (3), Recover weight to R (4)
5-8 Step L forward (5), Pivot ¼ R(6),
7-8 Stomp L in place (7), Stomp R in place (8) [3:00]

[9-16] Triple to the L, Rock/Recover, Step Touch Twice

1&2 Step L to side (1), step R next to L (&), step L to side (2),
3-4 Rock back on R (3), Recover weight to L (4)
5-8 Step R to side (5), Touch L next to R, (6), Step L to side (7), Touch R next to L (8)

[17-24] Rock/Recover, Triple Back, Rock/Recover Triple Forward

1-2 Rock forward on R (1), Recover on L (2)
3&4 Triple back stepping R (3), L (&), R (4)
5-6 Rock back on L (5), Recover on R (6)
7&8 Triple forward stepping L (7), R (&), L (8)

[25-32] Hip Bumps Forward Twice, ¼ Pivot Turn Twice

1&2 Step forward R bumping hip (1), Bump L hip (&), Bump R hip (2),
3&4 Step forward L bumping hip (3), Bump R hip (&), Bump L hip (4)
5-6 Step R forward (5), Pivot ¼ left (6)
7-8 Step R forward (7), Pivot ¼ left (8) [9:00]

[33-40] □ Cross Rock/Recover, Side Rock/Recover, Jazz Box

1-4 Cross rock R over L (1), Recover weight on L (2)
3-4 Rock R to side (3), Recover weight on L(4)
5-8 Cross R over L (5), Step back on L (6), Step R to side (7), Step forward on L (8)

[41-48] □ Out-Out, Hold, In-In, Hold, V Step

&1, 2 Step R forward and out (&), Step L forward and out (1), Hold (2)
&3, 4 Step R back and in (&), Step L back next to R (3), Hold (4)
5-6 Step R forward and out (5), Step L forward and out (6),
7-8 Step R back and in (7), Step L back next to R (8)

Last wall (6th wall starts at 9:00): To end the dance facing the front wall. Dance the first 32 counts of the dance but make the two pivot turns ½ left each to end on the front wall then step forward on R –or substitute a rocking chair instead of the pivots then step forward on the R.

Have fun!

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Last Update - 19th Sept 2014