

Cupid's a Cowgirl

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Phrased Improver
编舞者: Sylvie CARNOY (FR) - 21 February 2025
音乐: Cupid's A Cowgirl - Alexandra Kay



*1 restart – 1 bridge – 1 final

A – B – A – A (16 counts) restart A – B – A (16 counts) – B – B – A – A (28 counts) final
start 2 x 8 counts

PART A (32 counts)

SECTION 1 - STEP – LOCK, STEP – LOCK – STEP (DIAGONAL) x 2

- 1 – 2 STEP - LOCK: towards the front diagonal right: step forward RF, LOCK: cross LF behind RF
3 & 4 SIDE TRIPLE STEP: towards the front diagonal right: step forward RF, cross left behind RF, step forward RF
5 – 6 STEP - LOCK: towards the front diagonal left: step forward LF, LOCK: cross RF behind LF
7 & 8 SIDE TRIPLE STEP: towards the front diagonal left: step forward LF, cross RF behind LF, step forward LF

Option for the style: with your hands make a circular movement back and forth on beats 1-2-5-6

SECTION 2 - CROSS ROCK STEP, ¼ TURN - TRIPLE FORWARD, ¼ TURN - SIDE ROCK STEP, BEHIND – SIDE - CROSS

- 1 – 2 CROSS ROCK STEP: cross RF in front of LF, recover body weight on LF
3 & 4 ¼ TURN - TRIPLE STEP FORWARD: pivot ¼ turn to the right, step forward RF, LF next to RF, step forward RF 3:00
5 – 6 ¼ TURN - SIDE TRIPLE STEP: pivot ¼ turn towards the right and place LF on the left, recover body weight on RF 6:00
7 & 8 BEHIND – SIDE - CROSS: cross LF behind RF, RF on the right, cross LF in front of RF * restart

**bridge

SECTION 3 - SIDE – TOGETHER, TRIPLE STEP FORWARD, HEEL GRIND ¼ TURN, COASTER HEEL

- 1 – 2 SIDE: RF to the right, TOGETHER: LF next to RF
3 & 4 TRIPLE STEP FORWARD: step forward RF, LF next to RF, step forward RF
5 – 6 HEEL GRIND ¼ TURN: place the left heel in front, resting on the heel and pivot the left toe left from right to left by pivoting ¼ turn to the left, RF on the right 3:00
7 & 8 COASTER HEEL: step back LF, step back RF, place left heel in front *option : hold the brim of the hat with the left hand

SECTION 4 - TOGETHER, STEP (x 2), TRIPLE STEP FORWARD, STEP ½ TURN, LARGE STEP FORWARD, STOMP-UP

- &1 – 2 TOGETHER: LF next to RF, STEP x 2: step forward RF, step forward LF
3 & 4 TRIPLE STEP FORWARD: step forward RF, LF next to RF, step forward RF
5 – 6 STEP ½ TURN: step forward LF, pivot ½ turn on the right ** final 9:00
7 – 8 LARGE STEP FORWARD: big step from the LF forward, STOMP-UP: strike the ground with RF near the LF while keeping the weight of the body on the LF

PARTIE B (16 temps)

SECTION 1 - RIGHT STOMP, HOLD (x3), LEFT STOMP, HOLD (x3)

- 1 – 4 RIGHT STOMP: hit the ground with RF to right, HOLD: pause x3
Option for the style: spread the arms on the stomp, then on the pauses hold the edge of the hat hand right, nod to right
5 – 8 LEFT STOMP: hit the ground with LF to left, HOLD: pause x3
Option for the style: spread the arms on the stomp, then on the pauses hold the edge of the hat hand left, nod to left

SECTION 2 - ½ TURN LEFT - RIGHT STOMP, HOLD (x3), LEFT STOMP, HOLD (x3)

1 – 4 ½ TURN - RIGHT STOMP : ½ turn on the left, hit the ground with RF to right, HOLD: pause x3

Option for the style: spread the arms on the stomp, then on the pauses hold the edge of the hat hand right, nod to right

5 – 8 LEFT STOMP: hit the ground with LF to left, HOLD: pause x3

Option for the style: spread the arms on the stomp, then on the pauses hold the edge of the hat hand left, nod to left

SEQUENCES:

-1st wall: A 32 counts, we start it facing 12:00, we end it facing 9:00, B 16 counts, facing 9:00, we end it facing 3:00

-2nd wall: A 32 counts, we start it facing 3:00, we end it facing 12:00,

-3rd wall: A 16 counts, we start it facing 12:00, after 16 counts facing 6:00, *

*RESTART: start part A at the beginning

-4th wall: A 32 counts, we start it facing 6:00, we end it facing 3:00, B 16 counts faces 3:00, we end it facing 9:00

-5th wall: A 32 counts, we start it facing 9:00, we end it facing 6:00

-6th wall: A 16 counts, we start it facing 6:00, after 16 counts facing 12:00: **

**BRIDGE: B 16 counts: we start it facing 12:00, we end it facing 6:00, repeat B 16 counts: we start it facing 6:00, we end it facing 12:00

-7th wall: A 32 counts, we start it facing 12:00, we end it facing 9:00

-8th wall: A 28 counts, we start facing at 9:00, after 28 counts facing at 12:00: ***

***Final: Replace STEP ½ TURN with STEP forward LF then add the following steps:

TRIPLE STEP FWD : step forward RF, LF next to RF, step forward RF

STEP FWD : step forward LF

KICK BALL STEP: kick from the right in front, RF next to LF, step forward LF

STOMP FORWARD: strike the ground with the RF crossed in front of the LF

Good luck , good dance !

RF : right foot - LF : left foot

Only the choreographer's original step-sheet is authentic.

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