

CRAZY FLUTTERS Country Dancers  
LINE DANCE

**COWGIRL'S TWIST**

**Description:** 4 wall line dance – beginner

**Music:** Rock 'N' Roll Angel (Kentucky Headhunters)  
Rockin' With The Rhythm Of The Rain (The Judds)  
What The Cowgirls Do (Vince Gill)

**Koreograf:** Bill Bader

**Beat Dance steps**

Beat	Dance steps
	<b>Heel-toe struts: right-left-right-left</b>
1-2	Step forward with right heel, drop right toe to floor
3-4	Step forward with left heel, drop left toe to floor
5-8	Repeat steps 1-4
	<b>Walk back, wiggle walk left, clap</b>
9-10	Step back with right foot, step back with left foot
11-12	Step back with right foot, step together with left foot
13-14	Swivel both heels to left side, swivel both toes to left side
15-16	Swivel both heels to left side, clap hands
	<b>Wiggle walk right, clap, swivel left, clap, swivel right, clap</b>
17-18	Swivel both heels to right side, swivel both toes to right side
19-20	Swivel both heels to right side, clap hands
21-22	Swivel both heels to left side, clap hands
23-24	Swivel both heels to right side, clap hands
	<b>Twist (down, down, up, up), step, hold, ¼ turn, hold</b>
25-26	Swivel both heels to left side, swivel both heels to right side
27-28	Swivel both heels to left side, swivel both heels to center
29-30	Step forward with right foot leaning right shoulder forward, hold
31-32	Pivot ¼ turn left on ball of left foot leaning shoulders to left, hold