

COWGIRLS TWIST



a.k.a. : COWGIRL TWIST , COWBOY/COWGIRL TWIST

Chorégraphe : Bill BADER - Vancouver, BRITISH COLUMBIA - CANADA / Septembre 1994

LINE Dance : 32 temps - 4 murs

Niveau : débutant

Musique : **What the cowgirls do - Vince GILL - BPM 154**

Do you love me The CONTOURS - BPM 154

Cowgirl twist - Dave SHERIFF - BPM 160

The twist - Ronnie McDOWELL - BPM 164

That's what I like - Jive BUNNY & The Master Mixers - BPM 166

Honky tonk twist - Scooter LEE BPM 178

Traduit et préparé par Irène COUSIN, Professeur de Danse - 5 / 2014

Chorégraphies en français, site : <http://www.speedirene.com>

Introduction : 32 temps

STRUT FORWARD : RIGHT, LEFT, RIGHT, LEFT

- 1.2 HEEL STRUT D avant : TOUCH talon D avant (*pointe en l'air*) - DROP : abaisser pointe PD au sol
- 3.4 HEEL STRUT G avant : TOUCH talon G avant (*pointe en l'air*) - DROP : abaisser pointe PG au sol
- 5.6 HEEL STRUT D avant : TOUCH talon D avant (*pointe en l'air*) - DROP : abaisser pointe PD au sol
- 7.8 HEEL STRUT G avant : TOUCH talon G avant (*pointe en l'air*) - DROP : abaisser pointe PG au sol

STEP BACK : RIGHT, LEFT, RIGHT, LEFT TOGETHER

- 1.2.3 3 pas arrière : pas PD arrière - pas PG arrière - pas PD arrière
- 4 pas PG à côté du PD

THREE SWIVELS TO LEFT (HEELS, TOES, HEELS) HOLD, THREE SWIVELS TO RIGHT, HOLD

- 1.2 SWIVEL des talons sur diagonale G ↙ - SWIVEL des pointes sur diagonale G ↗
- 3.4 SWIVEL des talons sur diagonale G ↙ - **HOLD** + **CLAP**
- 5.6 SWIVEL des talons sur diagonale D ↘ - SWIVEL des pointes sur diagonale D ↗
- 7.8 SWIVEL des talons sur diagonale D ↘ - **HOLD** + **CLAP**

SWIVELS HEELS LEFT, HOLD, SWIVELS HEELS RIGHT, HOLD

SWIVELS HEELS LEFT, RIGHT, CENTER, HOLD

- 1.2 SWIVEL des talons sur diagonale G ↙ - **HOLD** + **CLAP**
- 3.4 SWIVEL des talons sur diagonale D ↘ - **HOLD** + **CLAP**
- 5.6 SWIVEL des talons sur diagonale G ↙ - SWIVEL des talons sur diagonale D ↘
- 7.8 SWIVEL des talons au centre ↓ - **HOLD** + **CLAP**

STEP RIGHT FORWARD, HOLD, TURN 1/4 LEFT ONTO LEFT, HOLD

- 1.2 pas PD avant (*en penchant épaules à D devant 10 : 30*) - **HOLD**
- 3.4 **1/4 de tour G** (*appui PG*), pencher épaules à G - **HOLD**

Cowgirls Twist



Choreographer : **Bill BADER** 604-684-2455 billbader@hotmail.com <http://www.billbader.com>

Description : 4 Wall Line Dance, 32 Counts, Easy Beginner Level - suitable for new dancers

Music : The dance suits many songs and tempos.

Signature Song : **What the cowgirls do by Vince GILL** (154 bpm)

Alternate Songs : "Do You Love Me" by The Contours found on many 60's collections (154 bpm)

"The Twist" by Ronnie McDowell or Chubby Checker (164 bpm)

"Cowgirl twistT" by Dave Sheriff, CD: Love To Line Dance 3 (160 bpm)

"That's What I Like" by Jive Bunny & The Master Mixers (166 bpm)

"Honky Tonk Twist" by Scooter Lee (178 bpm)

In addition, many line dance compilation cd's include songs they suggest for this dance. Your choice!

4 HEEL STRUTS FORWARD: RIGHT, LEFT, RIGHT, LEFT

- 1.2 Touch R heel forward, Snap down R toe stepping forward
- 3.4 Touch L heel forward, Snap down L toe stepping forward
- 5.6 Touch R heel forward, Snap down R toe stepping forward
- 7.8 Touch L heel forward, Snap down L toe stepping forward

WALK BACKWARD: RIGHT, LEFT, RIGHT, LEFT TOGETHER

3 TRAVELLING SWIVELS ("RAMBLES") TO LEFT: HEELS, TOES, HEELS, HOLD

- 1.2.3 Step R back, Step L back, Step R back
- 4 Step L back beside R
- 5.6.7 Moving to left: Swivel both heels to left, both toes to left, both heels to left
- 8 Hold (Option: Clap)

TRAVELLING SWIVELS ("RAMBLES") TO RIGHT: HEELS, TOES, HEELS, HOLD

SWIVEL HEELS LEFT, HOLD, SWIVEL HEELS RIGHT, HOLD

- 1.2.3 Moving to right: Swivel both heels to right, both toes to right, both heels to right
- 4 Hold (Option: Clap)
- 5.6 Swivel both heels diagonally left - Hold (Option: Clap)
- 7.8 Swivel both heels diagonally right - Hold (Option: Clap)

SWIVEL HEELS LEFT, RIGHT, CENTRE, HOLD

STEP RIGHT FORWARD, HOLD, PIVOT TURN 1/4 LEFT, HOLD

- 1.2 Swivel both heels diagonally left - Swivel both heels diagonally right
- 3.4 Swivel both heels left to centre - Hold (No clap)
- 5.6 Step R forward keeping Left toe in place. - Hold
- 7.8 Pivot Turn 1/4 left shifting weight onto L. - Hold

<http://www.billbader.com/billsteps/CowgirlsTwist.htm>