



Approved by:

*Mavis Broom*

# Cowgirl 2-Step

## 4 WALL - 32 COUNTS - IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b>	<b>Walk Forward x 2, Forward Coaster, Walk Back x 2, Sailor 1/4 Turn</b>		
1 - 2	Walk forward right. Walk forward left.	Right Left	Forward
3 & 4	Step right forward. Step left beside right. Step right back.	Coaster Step	On the spot
5 - 6	Walk back left. Walk back right.	Left Right	Back
7 & 8	Sweep left behind right turning 1/4 left. Step right to side. Step left to place.	Sailor Turn	Turning left
<b>Section 2</b>	<b>Side Rock, Behind, Side, Cross, Side Rock, Behind, 1/4 Turn, Step</b>		
1 - 2	Rock right to right side. Recover onto left.	Side Rock	On the spot
3 & 4	Cross right behind left. Step left to side. Cross right over left.	Behind Side Cross	Left
5 - 6	Rock left to left side. Recover onto right.	Side Rock	On the spot
7 & 8	Cross left behind right. Turn 1/4 right and step right forward. Step left beside right.	Behind Turn Step	Turning right
<b>Section 3</b>	<b>Side, Together, Chasse, Cross Rock, Chasse 1/4 Turn</b>		
1 - 2	Step right to right side. Step left beside right.	Side Together	Right
3 & 4	Step right to side. Close left beside right. Step right to side.	Side Close Side	
5 - 6	Cross rock left over right. Recover onto right.	Cross Rock	On the spot
7 & 8	Step left to side. Close right beside left. Step left 1/4 turn left.	Side Close Turn	Turning left
<b>Section 4</b>	<b>Step, 1/4 Turn, Shuffle 1/2, Back, 1/4 Turn, Forward Shuffle</b>		
1 - 2	Step right forward. Making 1/4 turn left recover weight onto left.	Step Turn	Turning left
3 & 4	Shuffle turn 1/2 turn left, stepping - right, left, right.	Shuffle Turn	
5 - 6	Step left back. Make 1/4 turn right stepping right forward.	Back Turn	Turning right
7 & 8	Step left forward. Close right beside left. Step left forward.	Forward Shuffle	Forward

**Choreographed by:** Mavis Broom (UK) February 2008

**Choreographed to:** 'If We're Not Back In Love By Monday' by Kalibre from CD That's The Way Love Goes (Tribute to Merle Haggard) contact bobd06@blueyonder.co.uk (188 bpm);

**Music Suggestions:** 'How A Cowgirl Says Goodbye' by Tracy Lawrence, 'Blue Bayou' by Linda Ronstadt, or 'Forever And Ever Amen' by Randy Travis: all from The 100 Hits - Country Album available from supermarkets and Woolworths or from www.demonmusicgroup.co.uk; 'Ribbon Of Highway' by Scooter Lee (start on vocals)