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32 Count 4 Wall Beginner Level Dance.
Choreographed by: Vikki Morris (UK) Jan 2025
Choreographed to: Cowgirl by Parmalee
Intro: 16 Counts. Start at approx 6 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 TOE STRUT, TOE STRUT, ROCKING CHAIR

- 1-2 Touch Right toe forward, Slap heel down
- 3-4 Touch Left toe forward, Slap heel down
- 5-6 Rock forward on Right, Recover on Left
- 7-8 Rock back on Right, Recover on Left

SEC 2 TOE STRUT, TOE STRUT, CROSS ROCK, SIDE ROCK

- 1-2 Touch Right toe forward, Slap heel down
- 3-4 Touch Left toe forward, Slap heel down
- 5-6 Cross Rock Right over Left, Recover on Left
- 7-8 Rock Right to Right side, Recover on Left

SEC 3 HEEL GRIND, SIDE, BEHIND, SIDE, HEEL GRIND ¼, BACK, BACK ROCK

- 1-2 Grind Right heel over Left, Step Left to Left side
- 3-4 Cross Right behind Left, Step Left to Left side
- 5-6 Grind Right heel over Left as you turn ¼ turn Right, Step back Left (3:00)
- 7-8 Rock back on Right, Recover on Left

SEC 4 DIAG STEP, TOUCH, DIAG STEP, TOUCH, JUMP OUT, CLAP, JUMP BACK, CLAP

- 1-2 Step forward Right to Right diagonal, Touch Left next to Right
- 3-4 Step forward Left to Left diagonal, Touch Right next to Left
- &5-6 Jump forward and out on Right, Jump forward and out on Left, Clap hands
- &7-8 Jump back on Right, Jump back on Left, Clap hands