



Cowgirl Rockin'

32 Count 4 Wall Beginner Level Dance.

Choreographed by: Nina Skyrud (NOR), Nils Ole Nilsen (NOR),
Kari Ludvigsen (UK) & Roy Shepherd (NOR) Jan 2025

Choreographed to: Cowgirl by Parmalee

Intro: 16 Counts. Start at approx 5 secs.

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

SEC 1 TOUCH, HEEL SWIVEL, KICK, BACK, KICK, BACK, KICK

- 1-2 Touch R toe forward, Swivel R Heel right
- 3-4 Swivel R Heel back to center, Kick R
- 5-6 Step R back, Kick L & clap
- 7-8 Step L back, Kick R & clap

SEC 2 BACK, HOOK, STEP, SCUFF, STEP, ½ SWIVEL TURN, STEP, ½ SWIVEL TURN

- 1-2 Step R back, Hook L across R knee
- 3-4 Step L forward, Scuff R
- 5-6 Step R forward, Swivel ½ Turn left
- 7-8 Step R forward, Swivel ½ Turn left

Option 5-8 Rocking Chair

SEC 3 ¼ TURN HIP BUMPS, TOUCH, SIDE, TOUCH

- 1-2 Turn ¼ turn left bumping Hips R (9:00)
- 3-4 Bump Hips L
- 5-6 Bump Hips R, Touch L next to R
- 7-8 Step L to left side, Touch R next to L

SEC 4 STEP, SCUFF, STEP, SCUFF, V-STEP

- 1-2 Step R forward, Scuff L
- 3-4 Step L forward, Scuff R
- 5-6 Step R diagonally right, Step L to left side
- 7-8 Step R back, Step L next to R