



Cowgirl Groove

16 Count 4 Wall Absolute Beginner Level Dance.
Choreographed by: Hayley Wheatley (UK) Feb 2025
Choreographed to: Cowgirl by Parmalee
Intro: 8 Counts. Start at approx 6 secs.

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

SEC 1 HEEL TAPS, TOE TAPS, HEEL, CLAP, TOE, CLAP, PIVOT ½ TURNS, ROCKING CHAIR

- 1& Tap R heel fwd, Tap R heel fwd
- 2& Touch R toe back, Touch R toe back
- 3& Touch R heel fwd, Clap hands
- 4& Touch R toe back, Clap hands
- 5& Step fwd on RF, Pivot ½ turn L (6:00)
- 6& Step fwd on RF, Pivot ½ turn L (12:00)
- 7& Rock fwd onto RF, Recover onto LF
- 8& Rock back onto RF, Recover onto LF

SEC 2 STOMP, SLAP, STOMP, SLAP, HIP DIPS, BACK TOUCH, BACK TOUCH, BACK TOUCH, ¼ TURN, TOUCH

- 1& Stomp RF out to R, Slap R hand to R thigh or buttock
- 2& Stomp LF out to L, Slap L hand to L thigh or buttock
- 3 Dip down slightly as you push R hip to R side
- 4 Dip down slightly as you push L hip to L side
- 5& Step R foot RF back to R diagonal Touch L toe beside RF
- 6& Step LF back to L diagonal, Touch R toe beside LF
- 7& Step R foot back to R diagonal Touch L toe beside RF
- 8& Make ¼ turn L stepping onto LF, Touch R toe beside LF (9:00)

