



Sexy Cowgirls

32 Count 4 Wall Improver Level Dance.
Choreographed by: Myra Harrold (UK) Jan 2026
Choreographed to: Sexy Cowgirls by Kilotile
Intro: 16 Counts. Start at approx 10 secs.

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SEC 1 HIP BUMPS FWD, V STEP

- 1&2 R toe fwd, bump R hip, bump R hip
- 3&4 L toe fwd bump, L hip, bump L hip
- 5-6 RF fwd diag R, LF fwd diag L
- 7-8 RF to centre, LF beside RF

SEC 2 ¼ PIVOT, ¼ PIVOT, CROSS, ¼ BACK, ¼ SIDE, STOMP UP

- 1-2 RF fwd, pivot ¼ L weight to LF (9:00)
- 3-4 RF fwd, pivot ¼ L weight to LF
- 5-6 Cross RF over LF, pivot ¼ R LF back (9:00)
- 7-8 Pivot ¼ R RF to R, stomp LF to RF (12:00)

Restart Here on Walls 3,5 and 8, take weight onto LF on count 8

SEC 3 CHASSE, BACK ROCK, CHASSE, BACK ROCK

- 1&2 LF to L, close RF to LF, LF to L
- 3-4 Rock RF behind LF, recover to LF
- 5&6 RF to R, close LF to RF, RF to R
- 7-8 Rock LF behind RF, recover to RF

SEC 4 SIDE, BEHIND, BALL CROSS, ¼ STEP, POINT & POINT & FWD ½ PIVOT

- 1 LF to L
- 2&3 RF behind LF, LF to L, cross RF over LF
- 4 Pivot ¼ L LF fwd (9:00)
- 5&6& Point RF to R, close RF to LF, point LF to L, close LF to RF
- 7-8 RF fwd, pivot ½ L weight to LF (3:00)



Remember to Vote for your favourite dances at www.linedancerweb.com

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