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E-mail: admin@linedancermagazine.com

Cowgirls

32 count, 4 wall, beginner/intermediate level

Choreographer: Fedor K

Choreographed to: Cowgirls Don't Take Bullshit by
Jan Allain

Start at the word "urban"

Sequence: AAA,R,AAA,RR,A,RR+8

A: Stomp, Hold, Coaster Step, Shuffle Forward, Step, ½ Turn Right

- 1, 2 Stomp step forward with R-Foot, Hold
- 3&4 Step L-Foot back, Step R-Foot beside L-Foot, Step L-Foot forward
- 5&6 Step R-Foot forward, Step L-Foot beside R-Foot, Step R-Foot forward
- 7, 8 Step L-Foot forward, Pivot ½ Turn right

A: Shuffle ½ Turn Right Forward, Stomp, Hold, Coaster Step, Shuffle Forward

- 1&2 Step L-Foot forward with ¼ Turn right, Step R-Foot beside L-Foot, ¼ Turn right and Step back with L-Foot
- 3, 4 Stomp step back with R-Foot, Hold
- 5&6 Step L-Foot back, R-Foot beside L-Foot, Step L-Foot forward
- 7&8 Step R-Foot forward, Step L-Foot beside R-Foot, Step R-Foot forward

A: Stomp, Hold, Sailor Shuffle, Sailor with ¼ Turn Left, Full Turn Left Moving Forward

- 1, 2 Stomp step forward with L-Foot, Hold
- 3&4 Cross R-Foot behind L-Foot, Step L-Foot to left side, Step R-Foot in place
- 5&6 Cross L-Foot behind R-Foot, ¼ Turn left and R-Foot to right side, Step L-Foot forward
- 7, 8 ½ Turn left on L-Foot and Step R-Foot back, ½ Turn left on R-Foot and Step L-Foot forward

A: Forward Rock, Recover, Lock Shuffle Back, ½ Turn Left Step Forward, Scuff, Step Forward, ½ Turn Left

- 1, 2 Step R-Foot forward, Recover weight onto L-Foot
- 3&4 Step R-Foot back, Lock L-Foot in front of R-Foot, Step R-Foot back
- 5, 6 ½ Turn left on R-Foot and Step L-Foot forward, Scuff R-Foot
- 7, 8 Step R-Foot forward, Pivot ½ Turn left

R: Stomp Forward, Hold, Sailor with ¼ Turn Left, Shuffle Forward with ½ Turn Left, Stomp Back, Hold

- 1, 2 Stomp step forward with R-Foot, Hold
- 3&4 Cross L-Foot behind R-Foot, ¼ Turn left and R-Foot to right side, Step L-Foot forward
- 5&6 Step R-Foot forward with ¼ Turn left, Step L-Foot beside R-Foot, ¼ Turn left and Step R-Foot back
- 7, 8 Stomp step back with L-Foot, Hold

R: Coaster Step, Full Turn Right Moving Forward, Shuffle Forward, Shuffle Back

- 1&2 Step R-Foot back, Step L-Foot beside R-Foot, Step R-Foot forward
- 3, 4 ½ Turn right and Step L-Foot back, ½ Turn right and Step R-Foot forward
- 5&6 Step L-Foot forward, Step R-Foot beside L-Foot, Step L-Foot forward
- 7&8 Step R-Foot back, Step L-Foot beside R-Foot, Step R-Foot back

R: ¼ Turn Left Stomp, Hold, ½ Turn Right Stomp, Hold, Stomp Forward, Hold, ½ Turn Right, Hold

- 1, 2 ¼ Turn left and Stomp step left with L-Foot, Hold (Arm movements possible!)
 - 3, 4 ½ Turn right and Stomp step right with R-Foot, Hold (Arm movements possible!)
 - 5, 6 Stomp step forward with L-Foot, Hold (Arm movements possible!)
 - 7, 8 Pivot ½ Turn right, Hold (Arm movements possible!)
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R: Shuffle Forward, Shuffle Forward with ½ Turn Left, Coaster Step, Stomp Forward, ¼ Turn Left Side Stomp

- 1&2 Step L-Foot forward, Step R-Foot beside L-Foot, Step L-Foot forward
3&4 Step R-Foot forward with ¼ Turn left, Step L-Foot beside R-Foot, ¼ Turn left and Step R-Foot back
5&6 Step L-Foot back, Step R-Foot beside L-Foot, Step L-Foot forward
7, 8 Stomp step forward with R-Foot, Turn ¼ right and Stomp step to left side with L-Foot

8 Counts at the end: Stomp Forward, Hold, ½ Turn Left Sailor, Stomp Forward, Hold, ½ Turn Left Sailor

- 1, 2 Stomp step forward with R-Foot, Hold
3&4 Cross L-Foot behind R-Foot with ¼ Turn left, Step R-Foot beside L-Foot, ¼ Turn left and Step L-Foot forward
5, 6 Stomp step forward with R-Foot, Hold
7&8 Cross L-Foot behind R-Foot with ¼ Turn left, Step R-Foot beside L-Foot, ¼ Turn left and Step L-Foot forward
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