

Keep Up With A Cowgirl

Count: 32

Wall: 4

Level: Absolute Beginner

Choreographer: Debbie Marschall (AUS) - November 2022

Music: Keep Up With A Cowgirl – David Adam Byrnes

DANCE STARTS: After 32 Counts on the Vocals

SECTION 1: Vine R Hitch L, Vine L Hitch R

1 2 3 4 Step R to R Side, cross L behind R, step R to R side, hitch L
5 6 7 8 Step L to L Side, cross R behind L, step L to L side, hitch R

SECTION 2: Walk forward x 3, Kick, Walk back x 3, touch

1 2 3 4 Step fwd R, Step fwd L, Step fwd R, Kick L foot fwd
5 6 7 8 Step back L, Step back R, Step back L, Touch R beside L

SECTION 3: K Step (clap on the touches)

1 2 Step R diagonally forward, touch L next to R
3 4 Step L diagonally back, touch R next to L
5 6 Step R diagonally back, touch L next to R
7 8 Step L diagonally forward, touch R next to L

SECTION 4: Heel Steps x 4 making ¼ turn L

1 2 Touch R Heel Fwd, R beside L
3 4 Touch L Heel Fwd, L beside R (making 1/8th turn L)
5 6 Touch R Heel Fwd, R beside L (making 1/8th turn L)
7 8 Touch L Heel Fwd, L beside R

No tags or restarts

Here is a little easy slow one for absolute beginners cheers

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