



## ***COWGIRL TWIST***

32 temps - 4 murs

Choregraphe : Bill Bader

Niveau : debutant

Musique : What the cowgirls do - Vince Gill

Cowgirl Twist - Dave Sheriff

Let4s twist again - Chubby Checker

### ***STRUT FORWARD: RIGHT, LEFT, RIGHT, LEFT***

1.2	HELL STRUT D
3.4	HELL STRUT G
5.6	HELL STRUT D
7.8	HEEL STRUT G

### ***STEP BACK: RIGHT, LEFT, RIGHT, LEFT TOGETHER***

1-2-3	3 PAS ARRIERE : D-G-D
4	ASSEMBLER G

### ***THREE SWIVELS TO LEFT (HEELS, TOES, HEELS) HOLD, THREE SWIVELS TO RIGHT, HOLD***

1.2.3	SWIVEL TALONS G - SWIVEL POINTES G - SWIVEL TALONS G
4	HOLD + CLAP
5.6.7	SWIVEL TALONS D - SWIVEL POINTES D - SWIVEL TALONS D
8	HOLD + CLAP

### ***SWIVELS HEELS LEFT, HOLD, SWIVELS HEELS RIGHT, HOLD, SWIVELS HEELS LEFT, RIGHT, CENTER, HOLD***

1.2	SWIVEL TALONS G - HOLD + CLAP
3.4	SWIVEL TALONS D - HOLD + CLAP
5.6.7	3 SWIVELS TALONS : G-D-CENTRE (on fléchit les genoux et on remonte)
8	HOLD + CLAP

### ***STEP RIGHT FORWARD, HOLD, TURN 1/4 LEFT ONTO LEFT, HOLD***

1.2	AVANT D - HOLD
3.4	1/4TR G- HOLD

### ***REPRENDRE AU DEBUT***

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