

COYGIRLS' TWIST

FOUR WALL LINE DANCE

CHALLENGE LEVEL: VERY EASY

Choreography by Bill Bader, Vancouver, BC September 1994
Step Description by Bill Bader 604-684-2455 (12/94)

- STRUT FORWARD: RIGHT, LEFT, RIGHT, LEFT
1-2 Touch R heel straight forward, Snap down R toe stepping forward
3-4 Touch L heel straight forward, Snap down L toe stepping forward
5-6 Repeat 1-2
7-8 Repeat 3-4
- STEP BACK: RIGHT, LEFT, RIGHT, LEFT TOGETHER
9-10-11 Step straight backward: R, L, R
12 Step L backward beside R
- 3 SWIVELS TO LEFT (HEELS, TOES, HEELS) HOLD, 3 SWIVELS TO RIGHT, HOLD
13 Start a Travelling Swivel to the left: Swivel both heels diagonally left
14 Swivel both toes diagonally left
15 Swivel both heels diagonally left
16 Hold
17 Start a Travelling Swivel to the right: Swivel both heels diagonally right
18 Swivel both toes diagonally right
19 Swivel both heels diagonally right
20 Hold
- SWIVEL HEELS LEFT, HOLD, SWIVEL HEELS RIGHT, HOLD
21 Swivel both heels diagonally left
22 Hold
23 Swivel both heels diagonally right
24 Hold
- SWIVEL HEELS LEFT, RIGHT, CENTRE, HOLD
25 Swivel both heels diagonally left
26 Swivel both heels diagonally right
27 Swivel both heels left to centre (toes to 12:00)
28 Hold
- STEP RIGHT FORWARD, HOLD, TURN 1/4 LEFT ONTO LEFT, HOLD
29 Step R forward keeping L toe in place and leaning R shoulder forward
(Body faces 10:30)
30 Hold
31 Turn 1/4 left onto L and lean shoulders to left
32 Hold

End of pattern...Begin again.

SUGGESTED TEMPO: 140-190 BPM

SUGGESTED MUSIC: * "What The Cowgirls Do" - Vince Gill (154 BPM)
"The Twist" - Ronnie McDowell or Chubby Checker (164 BPM)