

American Cowgirl

LINEDANCE.COM

Count: 64 **Wall:** 4 **Level:** Improver

Choreographer: Gary Lafferty (UK) - August 2022

Music: - Monarch Cast & Anna Friel

WEAVE TO LEFT; SIDE-ROCK-CROSS, HOLD

- 1-4** Step to Left on Left foot, cross-step Right foot behind Left, step to Left on Left foot, cross-step Right foot over Left
- 5-8** Rock to Left on Left foot, recover weight onto Right foot, cross-step Left foot over Right, hold

SIDE-TOGETHER-BACK, HOLD; SIDE-TOGETHER-SIDE; HOLD

- 1-4** Step to Right on Right foot, step on Left foot beside Right, step back on Right foot, hold
- 5-8** Step to Left on Left foot, step on Right foot beside Left, step to Left on Left foot, hold

CROSS-ROCK. RECOVER, SIDE, HOLD; CROSS-ROCK, RECOVER, ¼ TURN, HOLD

- 1-4** Cross-rock Right foot over Left, recover weight onto Left foot, step to Right on Right foot, hold
- 5-8** Cross-rock Left foot over Right, recover weight onto Right foot, turn ¼ Left stepping forward onto Left foot, hold

2 X PADDLE ¼ TURN TO LEFT (“LASSO STEPS”); RUN-RUN-RUN; HOLD

- 1-2** Hitch Right foot slightly as you turn ¼ Left on ball of Left foot, touch Right foot out to Right side
- 3-4** Hitch Right foot slightly as you turn ¼ Left on ball of Left foot, touch Right foot out to Right side
- 5-8** Step forward on Right foot, step forward on Left foot. Step forward on Right, hold (Restart here on wall 3)

DIAGONAL FORWARD, TOUCH, BACK, KICK; BEHIND-SIDE-CROSS. HOLD

- 1-4** Step diagonally-forward Left on Left foot, touch Right foot beside Left, step diagonally back on Right foot, kick Left foot
- 5-8** Cross-step Left foot behind Right, step to Right on Right foot, cross-step Left foot over Right, hold

MONTEREY ¼ TURN; MONTEREY ¼ TURN WITH HOLD

- 1-4** Point Right out to Right side, turn ¼ Right stepping on Right beside Left, point Left out to Left, step on Left beside Right
- 5-8** Point Right out to Right side, turn ¼ Right stepping on Right beside Left, point Left out to Left, hold

WEAVE - FRONT, SIDE BEHIND, SWEEP; BEHIND, SIDE, CROSS, HOLD

- 1-4** Cross-step Left over Right, step to Right on Right, cross-step Left behind Right, sweep Right foot from front to back
- 5-8** Cross-step Right foot behind Left, step to Left on Left foot, cross-step Right foot over Left, hold

SIDE-ROCK, RECOVER, CROSS, HOLD; ¼ TURN, ¼ TURN. CROSS, HOLD

- 1-4** Rock to Left on Left foot, recover weight onto Right foot, cross-step Left foot over Right, hold
- 5-8** Turn ¼ Left stepping back on Right foot, turn ¼ Left stepping to Left on Left foot, cross-step Right over Left, hold

START AGAIN

RESTART - restart the dance after 32 counts on Wall 3

TAG - At the end of Wall 6, there are an extra 4 counts of music, add the below steps as a Tag:

- 1-4** Step to Left on Left foot, touch Right foot beside Left, step to Right on Right foot, touch Left foot beside Right

MUSICALITY NOTES - when you are doing the paddle turns on wall 1, she sings “I’ll show you how to lasso the wind” - so you can raise your right arm in the air & twist your wrist (with your imaginary lasso ?) as you paddle around. You can also do the same on other walls then she sings “American Cowgirl” at this point in the song. Then on the chorus walls, the run-run-run steps will fit with the lyrics “running through my veins”