

# Cowboy Up Stomp

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**Count:** 32      **Wall:** 4      **Level:** Beginner

**Choreographer:** DEE DEE Dougherty-Lottie - October 2019

**Music:** Cowboy Up by Jill Johnson, The Woman I've Become by Jill Johnson

## (Intro: 16 counts)

### WALK FORWARD 3 RLR, HEEL HEEL, WALK BACK 3 LRL, HEEL HEEL

**1,2,3 & 4** Walk Forward 3 RLR, Tap/Stomp L Heel 2x

**5,6,7 & 8** Walk Back 3 LRL, Tap/Stomp R Heel 2x

### HIP BUMP BK, R 2x / HIP BUMP FWD L 2x, SGL HIP BUMPS w/TURN

**1,2,3,4** Step Back R, Hip Bump Back R 2x, Step Forward L, Hip Bump Fwd L 2x

**5,6,7,8** Single Hip Bump R/Back, L/Forward, R/Back, Step.Turn 1/4 L

### VINE R & TOUCH / VINE L & TOUCH

**1,2,3,4** Step R to R, Cross/Step L Behind R, Step R, Touch L

**5,6,7,8** Step L to L, Cross/Step R Behind L, Step L, Touch R

### BACK UP 4, RLRL, JUMP OUT, OUT, CLAP, IN, IN, CLAP

**1,2,3,4** Back Up R, L, R, L

**& 5, 6** Jump Forward R - Out, L - Out, Clap

**& 7, 8** Jump Back & Together R - In, L - In, Clap

## REPEAT — HAVE FUN!!!

**\* Step sheet compliments of Dance with Dee Dee.\***

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