

COWBOY UP

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Count: 48 **Wall:** 2 **Level:** Intermediate level

Choreographer: Tim Gauci

Music: Cowboy Up by Jill Johnson (Album: The Woman I've Become)

Begin after 16 beats, dance is fast and furious ROCKING CHAIR, SCUFF, SCOOT, STEP, TWIST R, L, BACK, ROCK, STEP, 3/4 Turn, STEP

1&2&3&4 Step R fwd, replace weight onto L, step R back, replace weight onto L, scuff R heel fwd, scoot L fwd hitching R, step R fwd

5&6&7&8 Twist heels to R making $\frac{1}{4}$ turn L, twist heels to L making $\frac{1}{4}$ turn R, step R back, replace weight onto L, step R fwd, pivot $\frac{3}{4}$ to L, step R to R

BEHIND, SIDE, ACROSS, SIDE, HEEL, TOG, CROSS, SIDE, BACK, ROCK, 1/4, 1/2, STEP

1&2&3&4& Step L behind R, step R to R, step L over R, step R to R, touch L heel at L 45, step L tog, step R over L, step L to L

5,6,7&8 Step R back, replace weight onto L, step R back making $\frac{1}{4}$ turn L, step L fwd making $\frac{1}{2}$ turn L, step R fwd

FWD MAMBO, COASTER CROSS, POINT, TOG, POINT, 1/2 TURN, SIDE, ROCK, CROSS

1&2,3&4 Step L fwd, replace weight onto R, step L back, step R back, step L tog, cross R over L

5&6&7&8 Touch L toe to L, step L tog, touch R toe to R, making $\frac{1}{2}$ turn R step R tog (weight on R), step L to L, replace weight onto R, cross L over R

SIDE, TOG, SIDE, L SAILOR STEP, CROSS, SIDE, BEHIND, 1/4 TURN, STEP, PIVOT 1/2

1&2,3&4 Step R to R, step L tog, step R to R, step L behind R, step R to R, step L to L

5&6&7,8 Step R over L, step L to L, step R behind L, making $\frac{1}{4}$ turn L step L fwd, step R fwd, pivot $\frac{1}{2}$ L

CROSS, ROCK, SIDE, CROSS, ROCK, SIDE, HIPS R,L,R, 1/4 TURN COASTER STEP

1&2,3&4 Step R over L, replace weight onto L, step R to R, step L over R, replace weight onto R, step L to L

5&6,7&8 Bump hips, R,L,R, step L back making $\frac{1}{4}$ turn L, step R tog, step L fwd

STEP, PIVOT 1/2, COASTER STEP, HEEL, TOG, HEEL, HOOK, STEP, LOCK, STEP

1,2,3&4 Step R fwd, pivot turn $\frac{1}{2}$ to L (weight remaining on R), step L back, step R tog, step L fwd

5&6&7&8 Touch R heel at R 45, step R tog, touch L heel at L 45, hook L across R shin, step L fwd, lock R behind L, step L fwd 48 BEATS REPEAT DANCE IN NEW DIRECTION

TAG on END of 6th wall, ADD the following facing the front

1&2,3&4 Step R fwd, replace weight onto L, step R back, step L back, step R over L, step L back

1&2,3&4 Step R back, step L tog, Step R fwd, step L fwd, lock R behind L, step L fwd EMail