

COWBOY UP!

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Count: 32

Wall: 4

Level: intermediate/advanced

Choreographer: Shannon Finnegan

Music: Bury The Shovel by Clay Walker

RIGHT SCUFF, STEP BACK, TWIST & TURN $\frac{1}{2}$ RIGHT, CROSS-BACK-RIGHT, CROSS-BACK-LEFT

- 1-2** Scuff the right foot forward and hitch the knee, step back on the right foot into 5th dance position
- 3&** With weight on the balls of both foot swivel heels $\frac{1}{4}$ to the left, then return heels to center
- 4** Swivel heels to the left turning $\frac{1}{2}$ turn right (facing 6:00) (Keep weight on the left.)
- 5&6** Cross the right foot over the left, step back on the left foot, step right with the right foot
- 7&8** Cross the left foot over the right, step back on the right foot, step left with the left foot

THREE KICK-CROSS-TOUCHES, TWIST & TURN $\frac{1}{4}$ LEFT

- 1** Kick the right foot forward
- &2** Cross the right foot over the left, touch the left toe out to the left
- 3** Kick the left foot forward
- &4** Cross the left foot over the right, touch the right toe out to the right
- 5** Kick the right foot forward
- &6** Cross the right foot over the left, touch the left toe out to the left
- 7&** On the balls of both feet swivel heels to the right, return heels to center
- 8** Swivel heels turn to the right turning $\frac{1}{4}$ turn left (facing original 3:00)

SHUFFLE (LEFT-RIGHT-LEFT), STEP FORWARD, SPIRAL $\frac{3}{4}$, ROCK LEFT, VINE RIGHT (CROSS-STEP-CROSS)

- 1&2** Shuffle forward left-right-left
- 3** Step forward on the right foot
- 4** Pivot $\frac{3}{4}$ turn left on the ball of the right foot (facing 6:00)

During the pivot, leave the left foot in place as long as possible so that you end with the left foot over the right with the ankles crossed

- 5-6 Rock to the left on the left foot, recover weight onto the right foot
- 7 Cross the left foot over the right
- & Step right with the right foot
- 8 Cross the left foot behind the right

JUMPING JACKS (OUT-IN-KICK-CROSS-OUT-IN-KICK-CROSS), JUMP (OUT-IN-OUT-TURN ¼ RIGHT-BACK & STOMP)

- 1& Jump out, feet shoulder width apart jump in (weight on the right foot)
- 2& Kick the left foot forward, cross the left foot over the right.
- 3& Jump out, feet shoulder width apart jump in (weight on the right foot)
- 4& Kick the left foot forward, cross the left foot over the right.
- 5& Jump out with feet shoulder width apart, jump in with feet together
- 6& Jump out with feet shoulder width apart, jump in turning ¼ turn right (bring feet together).
- 7& Jump back on the right foot while touching the left heel forward (heel jack), jump forward on the left foot
- 8 Stomp the right foot next to the left (don't take weight)

REPEAT

Here is a low impact version of the final 8 counts.

- 1& Step right foot to the right side, touch left foot next to right
- 2& Kick left foot forward, step to the right with the left foot crossing in front of the right
- 3& Step right foot to the right side, touch left foot next to right
- 4& Kick left foot forward, step to the right with the left foot crossing in front of the right
- 5& Touch right toe out to the right side, touch right foot next to left foot
- 6& Touch right toe out to the right side, pivot ¼ turn right and step right foot next to left
- 7& Touch left heel forward, step down on left foot next to right foot
- 8 Stomp the right foot next to the left (don't take weight)