

Cowboy Up (NL)

LINEDANCE.COM

Count: 34

Wall: 4

Level: Intermediate

Choreographer: Tonnie Vos - May 2017

Music: Thilly Frank - Cowboy Up

Intro Dance Starts On 32 Counts On Lyrics (Mississippi)

Note : I have written this to step on the heavy beats

Sec 1 [1 - 8] TOE TAPS HIP ROLLS X 4

- 1 - 2 Touch R Fwd Rolling Hip Out To R, Step R Together (This Section Travels Forward)
- 3 - 4 Touch L Fwd Rolling Hip Out To L, Step L Together
- 5 - 6 Touch R Fwd Rolling Hip Out To R, Step R Together
- 7 - 8 Touch L Fwd Rolling Hip Out To L, Step L Together

Sec 2 [9 - 16] OUT, OUT, SCISSOR, SIDE, CROSS, SIDE, CROSS

- 1 - 2 Step R Out To R Side , Step L Out To L Side ,
- 3 - 4 Step R Together , Cross L Over R (Bending Knees On the Cross Steps and Snapping Fingers)
- 5 - 6 Step R Side L, Cross L Over)
- 7 - 8 Step R Side L, Cross L Over R (Bending Knees On The Cross Steps and Snapping Fingers)

For Styling Moving Arms And Snapping Fingers Up And Down

Sec 3 [17 - 24] POINT, FWD, POINT, BACK, POINT BACK, POINT FWD

- 1 - 2 Point R Out To R Side, Step Fwd On R
- 3 - 4 Point L Out To L Side, Step Back On L
- 5 - 6 Point R Out To R Side, Step Back On R
- 7 - 8 Point L Out To L Side, Step Fwd On L

Sec 4 [25 - 32] ROCKING CHAIR, STEP HEEL BOUNCES

- 1 - 2 Rock R Fwd, Recover L,
- 3 - 4 Rock R, Back, Recover L,
- 5 - 6 Step R Fwd Both Feet one in front of the other Bounce Both Heels 1/8 R
- 7 - 8 Bounce Both Heels 1/8 R x 2 (Wgt L) (9.00)

**Dance Finishes After Sec 1 Pose to the Front R Arm Above Head, Left Hand On Left Hip
tadaaah**

I have chosen to dance through any Tags Or Restarts

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