

# COWBOY UP

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**Count:** 56

**Wall:** 4

**Level:** intermediate

**Choreographer:** Barbara Chamberlain & Irene Williams

**Music:** Cowboy Up by Tania Kernaghan

## (2) BRONCO TWISTS RIGHT, (2) BRONCO TWISTS LEFT, CLAP TO SIDE WITH EACH BRONCO TWIST

**1-4** Twist on right heel and left toe to right, clap, back to center. Twist on right heel and left toe to right, clap, back to center

**5-8** Twist on left heel and right toe to left, clap, back to center. Twist on left heel and right toe to left, clap, back to center

## ROCK, ROCK, (2) ½ TURN SHUFFLES, RIGHT COASTER

**1-2-3&4** Rock forward on right, rock back on left, ½ turn to right: step right into turn, step left to right, step right forward

**5&6** To finish ½ turn. Continue another ½ turn step left back. Right together, back on left-right

**7&8** Coaster step: step back on right, step left to right, step right forward

## VINE LEFT, SCUFF RIGHT, VINE RIGHT, STEP LEFT BESIDE RIGHT

### Option: full turns instead of vine

**1-4** Step left to side, step right behind left, step left to side, scuff right

**5-8** Step right to side, step left behind right, step right to side, step left beside right

## (2) BRONCO TWISTS RIGHT, (2) BRONCO TWISTS LEFT, CLAP TO SIDE WITH EACH BRONCO TWIST

**1-4** Twist on right heel and left toe to right, clap, back to center. Twist on right heel and left toe to right, clap, back to center

**5-8** Twist on left heel and right toe to left, clap, back to center. Twist on left heel and right toe to left, clap, back to center

## ½ MONTEREY TURN RIGHT, ¼ MONTEREY TURN RIGHT

**1-4** Point right toe to side ½ turn on left foot bringing right foot to left, switch weight point left to side then back beside right

**5-8** Point right toe to side ¼ turn on left foot bringing right foot to left, switch weight point left to side then back beside right

**ROCK, ROCK, (2) ½ TURN SHUFFLES, RIGHT COASTER**

**1-2-3&4** Rock forward on right, rock back on left, ½ turn to right: step right into turn, step left to right, step right forward

**5&6** To finish ½ turn. Continue another ½ turn step left back, right together, back on left-right

**7&8** Coaster step: step back on right, step left to right, step right forward

**LEFT HEEL, TOE, BACK, SLAP, STOMP, RIGHT HEEL, TOE, BACK, SLAP, STOMP**

**1-4** Left heel forward, point left to side, bring up behind right leg and slap with right hand, stomp beside right

**5-8** Right heel forward, point right to side, bring up behind right leg and slap with right hand, stomp beside right

**REPEAT**