

Cowboy Up!!!

Count: 32

Wall: 4

Level: Beginner

Choreographer: Conrad Farnham (USA) - June 2016

Music: Cowboy Up - Jill Johnson : (CD: The Woman I've Become)

ROCK, RECOVER, COASTER STEP, HEAL FORWARD, ¼ TOE TURN, COASTER STEP

1,2,3&4 Rock forward on right, recover on left, step back on right, bring left next to right, step right forward
5,6,7&8 Place left heal forward, ¼ turn toes to the left, step back on left, bring right next to left, step left forward

TRAVELING HIP BUMPS x 2, OUT, OUT, IN, IN

1-4 Step right forward and bump hips to the right twice, step left forward and bump hips to the left twice
5-8 Step right forward and out, step left forward and out, bring right back to center, bring left back to center

LINDY, ROCK, RECOVER X 2

1&2,3,4 Step right to right side, step left next to right, step right to right side, rock back on left, recover on right
5&6,7,8 Step left to left side, step right next to left, step left to left side, rock back on right, recover on left

½ TURN LEFT HEAL SWITCHES X 8

1-4 Place right heal forward, replace with left forward, replace with right forward, replace with left forward
5-8 Place right heal forward, replace with left forward, replace with right forward, replace with left forward

Begin again

No Tags, No Restarts

Contact: copperheadlinedancing@gmail.com