

"Cowboy Up !"

Choreographer: Marie Sørensen (Sunshine Cowgirl) - Denmark – January 2011

4 Wall – Beginner – 32 Counts

Music: "Cowboy Up" By Joni Harms

Intro: 16 Counts

Toe strut Right, Toe strut Cross Over, Side, rock, Cross, Hold

1-2 Tap Right Toe to Right side, Drop right Heel

3-4 Tap Left toe in front of Right, drop Left heel

5-6 Rock Right to Right side, recover

7-8 Cross Right in front of left, Hold

Vine ¼ turn Left, Scuff, Rock Fwd. Right, recover, Step Back right, Hold

1-2 Step Left to left side, Cross right behind Left

3-4 ¼ Turn left, Step Fwd. Left, Scuff right

5-6 Rock Fwd. Right, Recover

7-8 Step Back Right, Hold

Point, Hitch, Point, Hold, Behind, Side Cross, Hold

1-2 Point Left to Left side, Hitch Left up & across Right

3-4 Point Left to Left side, Hold

5-6 Cross Left behind Right, Step right to right side

7&8 Cross Left in front of right, hold.

Restart the dance here on Wall 5, Facing 9 0` Clock – Start the dance from the beginning

Point, Hitch, Point, Hold, Behind, Side, Touch, Hold

1-2 Point Right to Right side, Hitch Right up & across Left

3-4 Point Right to right side, Hold

5-6 Cross Right behind Left, Step Left to Left side

7-8 Touch Right beside Left, Hold

Tags & Restart

Tag No. 1. After Wall 2, 4 Counts tag - Facing 6 0` Clock – Step Right Out, Hold, Step Left Out, Hold

Tag No. 2. After Wall 7, 4 Counts tag - Facing 3 0` Clock – Step Right Out, Hold, Step Left Out, Hold

Tag No. 3. After Wall 9, 8 Counts tag - Facing 9 0` Clock – Step Right Out, Hold, Step Left Out, Hold
Step Right In, Hold, Step Left In, Hold

Tag No. 4. After Wall 10, 4 Counts tag - Facing 6 0` Clock – Step Right Out, Hold, Step Left Out, Hold

Restart: During Wall 5, after 24 Counts - Facing 9 0` Clock – Start the dance from the beginning

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