

Easy Cowboy

32 count, 2 wall, beginner level

Choreographer: Cindy Norlin (Sweden) Nov 2007
Choreographed to: Cowboy Up by Jill Johnson, CD:
The Woman I've Become (108 bpm)

16 count intro

Section 1 Forward

Right Chasse, Left Cross Rock Forward, Left Chasse, Right Cross Rock

1&2 step right to right side, close left beside right, step right to right side
3-4 left cross rock forward, rock back onto right
5&6 step left to left side, close right beside left, step left to left side
7-8 right cross rock forward, rock back onto left

Section 2 Forward

Right Shuffle Back, Left Coaster Back, Right Shuffle Forward, Left Coaster

1&2 step right back, close left beside right, step right back
3&4 step left back, step right beside left, step left forward
5&6 step right forward, close left beside right, step right forward
7&8 step left forward, step right beside left, step back left

Section 3

Right & Left Sailor Steps, Right Heel, Hook, Step, Left Heel, Hook, Step

1&2 cross right behind left, step left to left, step right to right
3&4 cross left behind right, step right to right, step left to left
5&6 touch right heel forward, hook right over left, step right forward
7&8 touch left heel forward, hook left over right, step left forward

Section 4

2 Jazz Box 1/4 turn right

1-4 cross right over left, step back on left, step right 1/4 turn right, step left beside right
5-6 repeat 1-4