

Jills Cowboy Up

Phrased, 96 count, 4 wall, Intermediate level
Choreographer: Anne Southway (UK) Nov 06
Choreographed to: Cowboy Up by Jill Johnson, CD:
The Woman I Become

Starts on vocals

Step 1-8 CHASSE, UNWIND ,ROCK , CROSS ,SWAY X2

- 1&2 Step R to R side, close L next R, step R to R side.
3-4 Cross L foot behind R, unwind ½ turning L.
5&6 Rock R to R side ,cross R foot in front of L..
7-8 Step L to L swaying hips L , sway hips R.

Step 9-16 COASTER STEP, ROCK, COASTER STEP, UNWIND 1/2.

- 1&2 Step Back on L, step R next L, step forward on L.
3-4 Rock R to R side, recover to L.
5&6 Step back on R, step L next R, step forward on R.
7-8 Cross L foot behind R, unwind ½ turning L.

Step 17-24 STEP KICK, COASTER STEP, WALK WALK , SAILOR TURN 1/2.

- 1-2 Step forward on R, kick L foot forward.
3&4 Step back on L, step R next L, step forward on L.
5-6 Walk forward on R , walk forward on L.
7&8 Cross R behind L, step L to L side turning ½ R, step R to place.

Step 25-32 WALK, WALK, ,KICK BALL CHANGE, WALK, WALK, WALK CLAP, CLAP.

- 1-2 Walk forward on L , walk forward on R.
3-4 Kick L foot forward, step L beside R, step R in place.
5-6 Walk forward on L, walk forward on R.
7&8 Walk forward on L, clap hands twice.

Step 33-40 CHASSE, UNWIND, CHASSE, UNTURN.

- 1&2 Step R to R side, close L next R, step R to R side.
3-4 Cross L foot behind R, unwind ½ turning L.
5&6 Step R to R side, close L next R ,step R to R side.
7-8 Cross L foot behind R, unwind ½ turning L.

Step 41-48 WALK, WALK, ,KICK BALL CHANGE, WALK, WALK, HOLD; CLAP; CLAP.

- 1-2 Walk forward on R , walk forward on L.
3-4 Kick R foot forward, step R beside L, step L in place.
5-6 Walk forward on R, walk forward on L.
7-8 Hold for a beat, clap hands twice.

Step 49-56 ROCK ,RECOVER, BEHIND, SIDE, CROSS x 2.

- 1-2 Step R to R side, recover onto L in place.
3&4 Step R, behind L, step L to L side, step R across L foot.
5-6 Step L to L side, recover onto R in place.
7&8 Step L behind R, step R to R side, step L across R foot.

Step 57-64 TOE TOUCHES X 2, HEEL X 2, TOE X 2, PADDLE TURN, CLAP, CLAP.

- 1& Touch R toe to L instep, step R foot next to L.
2& Touch L toe to R instep, step L foot next to R.
3& Touch R heel to front, step R foot beside L.
4& Touch L heel to front, step L foot beside R.
5& Touch R toe back, step R foot beside L.
6& Touch L toe back, step L foot beside R.
7&8 Step forward R, pivot ¼ turn L, clap, clap.
Step 65-80 (dance step 49-64)

Step 81-88 CHASSE TO R, CHASSE TO L, SHUFFLE ½ TURN R, COASTER STEP.

- 1&2 Step R to R, close L next R, Step R to R side.
3&4 Step L to L, close R next L, Step L to L side
5&6 Shuffle step ½ turn R ,stepping- R ,L ,R.
7&8 Step back on L, step R next L, step forward on L.

Step 89-96 CHASSE TO R, CHASSE TO L, SHUFFLE ¼ TURN R, COASTER STEP.

- 1&2 Step R to R, close L next R, Step R to R side.
3&4 Step L to L, close R next L, Step L to L side
5&6 Shuffle step 1/4 turn R ,stepping- R ,L ,R.
7&8 Step back on L, step R next L, step forward on L.

Wall 1 Dance step 1-96.

Wall 2. Dance step 1-96.

Wall 3. Dance step 1-40 then step 49-96.

Wall 4 Dance step 1-16 then step 49-96.

Start again and dance to the end of the music.
