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## Cowboy Up!!!

32 Count, 4 Wall, Beginner

Choreographer: Conrad Farnham (USA) Jun 2016

Choreographed to: Cowboy Up by Jill Johnson.

CD: The Woman I've Become

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- Section 1**  
1,2,3&4 **Rock, Recover, Coaster Step, Heal Forward, ¼ Toe Turn, Coaster Step**  
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
- Section 2**  
1-4 **Traveling Hip Bumps X 2, Out, Out, In, In**  
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
- Section 3**  
1&2,3,4 **Lindy, Rock, Recover X 2**  
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
- Section 4**  
1-4 **½ Turn Left Heal Switches X 8**  
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**