

Cowboy Up

34 Count, 4 Wall, Intermediate

Choreographer: Tonnie Vos (NL) May 2017

Choreographed to: Cowboy Up by Thilly Frank

Option: Joni Harms – Cowboy Up

Intro: 8 Counts

Section 1: Point, Touch, Heel, Hook, Heel, Flick, Heel, Hook, Shuffle Fw, Step Fw, ¼ Pivot R, Cross

1&2& RF point right , touch toe beside LF, heel dig, hook across LF

3&4& RF heel dig, flick feet bkw, heel dig , hook across LF

5&6 RF step fw , LF beside RF, RF step fw

7&8 LF step Fw, RF+LF ¼ turn right, LF cross over RF

Section 2: R-L Step Diagonal Fw, Touch (With Clap), R-L Diagonal Bkw, Touch (With Clap), Vine Right, Vine Left

1&2& RF step diagonal fw, LF touch beside RF (clap in hands) LF step diagonal fw, RF touch beside LF (clap in hands) **Restart Wall 3**

3&4& RF step diagonal bkw, LF touch beside RF(clap in hands) LF step diagonal bkw, RF touch beside LF (clap in hands)

5&6& RF step right , LF cross over RF, RF step right, LF touch beside RF

7&8 LF step left, RF cross behind LF, LF step left

Section 3: Rocking Chair, Step Fw, ½ Pivot Left, Step Fw, Rocking Chair, Run Fw L-R-L

1&2& RF rock forward weight back on LF, RF rock bkw weight back on RF **Restart Wall 6**

3&4 RF step fw, RF+LF ½ turn left, RF step fw

5&6& LF rock forward weight back on RF, LF rock bkw weight back on LF

7&8 LF walk fw, RF walk fw, LF walk fw,

Section 4: 2x ¼ Monterey Turn Right, Toe Strut To Right, Toe Strut Across, Toe Strut To Right, Toe Strut Across (Snap Fingers Up And Down During Toe Struts)

1&2& RF point right, ¼ turn right step beside LF, LF point left step beside RF

3&4& RF point right, ¼ turn right step beside LF, LF point left step beside RF

5&6& RF touch toe right, heel back on the floor (snap fingers at ear height), LF touch toe across RF, heel back on the floor (snap fingers at hip height)

7&8& RF touch toe right, heel back on the floor (snap fingers at ear height), LF touch toe across RF, heel back on the floor (snap fingers at hip height)

Section 5: Mambo Right Side, Recover, Touch

1&2 RF rock right, weight back on LF, LF touch beside RF

Restart Wall 3 After 10 Counts = Count 2& Of Session 2

Restart Wall 6 After 18 Counts = Count 2& Of Session 3

Tag: End Of Wall 5 RF Rock Bkw, Recover, Touch Toe Beside LF
