

Web site: www.linedancermagazine.com

E-mail: admin@linedancermagazine.com

Cowboy Up

48 count, 4 wall, beginner/intermediate level Choreographer: Sebastiaan Holtland (NL) July 2007 Choreographed to: Cowboy Up by Tania Kernaghan

8 count intro

W = V = W	ITH 1/4 THR	N BACK	POCKSTED

- 1-2 Rf across in front of Lf, Lf step to the left side 3-4 Rf cross behind Lf, Lf step 1/4 left (facing 9:00)
- 3-4 Rf cross behind Lf, Lf step 1/4 left (facing 9:00) 5-6 Rf across in front of Lf, Lf step to the left side
- 7-8 Rf rock back, Lf recover weight on Lf (facing 9:00)

SYNCOPATED WEAVE WITH 1/8 TURNS, CROSS

- 9-10 Rf step to the right side, Lf step behind Rf 1/8 turn right (facing 10:30)
- 11-12 Rf step 1/8 right, Lf across in front of Rf weight on LF (facing 12:00)
- 13-14 Rf step to the right side, Lf cross behind Rf (facing 12:00)
- 15-16 Rf step to the right side, Lf across in front of Rf weight on Lf (facing 1:30)

DIAGONAL KICK FORWARD, BACK SIDE, CROSS FWD

- 17-18 Rf kick diagonal forward, Rf step back (facing 1:30)
- 19-20 Lf step 1/8 left, Rf across in front of Lf end (facing 10:30)
- 21-22 Lf kick diagonal forward, Lf step back (facing 10:30)
- 23-24 Rf step 1/8 right, Lf across in front of Rf end (facing 1:30)

SIDE ROCK AND CROSS HOLD, SIDE ROCK AND 1/4 TURN STEP FWD, HOLD

- 25-26 1/8 turn left Rf side rock, Lf recover
- 27-28 Rf across in front of Lf, HOLD end (facing 10:30)
- 29-30 1/8 turn right Lf side rock, Rf recover
- 31-32 1/4 turn right, Lf step forward HOLD end (facing 3:00)

TOE STRUTS FWD, SLOW KICK BACK, TOUCH

- 33-34 Rf step on toe forward, Rf push heel down
- 35-36 Lf step on toe forward, Lf push heel down
- 37-40 Rf kick slowely back, in 4 count, Rf touch next to Lf weight on Lf, HOLD (facing 3:00)

TOE STRUTS FWD, 1/2 STEP PIVOT, WALK WALK

- 41-42 Rf step on toe forward, Rf push heel down
- 43-44 Lf step on toe forward, Lf push heel down
- 45-46 Rf step forward, 1/2 turn left weight on Lf (facing 9:00)
- 47-48 Rf step forward, Lf step forward weight on Lf (facing 9:00)

Music download available from iTunes: Napster: eMusic: Wippit:

Linedancer Magazine, 166 Lord Street, Southport, United Kingdom, PR9 0QA Tel: +44 (0)1704 392300 Fax: +44 (0)1704 501678