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Cowboy Up!

BEGINNER

32 Count

Choreographed by: Shannon Finnegan Choreographed to: Bury The Shovel by Clay Walker

1 & 2 3 4	Shuffle forward left-right-left Step forward on the right foot Pivot 3/4 turn left on the ball of the right foot (facing 6:00)
5 - 6 7 & 8	/During the pivot, leave the left foot in place as long as possible so that you end with the left foot over the right with the ankles crossed Rock to the left on the left foot, recover weight onto the right foot Cross the left foot over the right Step right with the right foot Cross the left foot behind the right
1 & 2 & 3 & 4 & 5 & 6 & 7 &	JUMPING JACKS (OUT-IN-KICK-CROSS-OUT-IN-KICK-CROSS), JUMP (OUT-IN-OUT-TURN 1/RIGHT-BACK & STOMP) Jump out, feet shoulder width apart jump in (weight on the right foot) Kick the left foot forward, cross the left foot over the right. Jump out, feet shoulder width apart jump in (weight on the right foot) Kick the left foot forward, cross the left foot over the right. Jump out with feet shoulder width apart, jump in with feet together Jump out with feet shoulder width apart, jump in turning 1/4 turn right (bring feet together). Jump back on the right foot while touching the left heel forward (heel jack), jump forward on the left foot Stomp the right foot next to the left (don't take weight)
O	REPEAT
1 & 2 & 3 & 4 & 5 & 6 & 7 &	/Here is a low impact version of the final 8 counts. Step right foot to the right side, touch left foot next to right Kick left foot forward, step to the right with the left foot crossing in front of the right Step right foot to the right side, touch left foot next to right Kick left foot forward, step to the right with the left foot crossing in front of the right Touch right toe out to the right side, touch right foot next to left foot Touch right toe out to the right side, pivot 1/4 turn right and step right foot next to left Touch left heel forward, step down on left foot next to right foot Stomp the right foot next to the left (don't take weight)
1 - 2 3 & 4 5 & 6 7 & 8	RIGHT SCUFF, STEP BACK, TWIST & TURN 1/2 RIGHT, CROSS-BACK-RIGHT, CROSS-BACK-LEFT Scuff the right foot forward and hitch the knee, step back on the right foot into 5th dance position With weight on the balls of both foot swivel heels 1/4 to the left, then return heels to center Swivel heels to the left turning 1/2 turn right (facing 6:00) (Keep weight on the left.) Cross the right foot over the left, step back on the left foot, step right with the right foot Cross the left foot over the right, step back on the right foot, step left with the left foot
1 & 2 3 & 4 5 & 6 7 &	THREE KICK-CROSS-TOUCHES, TWIST & TURN 1/4 LEFT Kick the right foot forward Cross the right foot over the left, touch the left toe out to the left Kick the left foot forward Cross the left foot over the right, touch the right toe out to the right Kick the right foot forward Cross the right foot over the left, touch the left toe out to the left On the balls of both feet swivel heels to the right, return heels to center Swivel heels turn to the right turning 1/4 turn left (facing original 3:00)
	SHUFFLE (LEFT-RIGHT-LEFT), STEP FORWARD, SPIRAL 3/4, ROCK LEFT, VINE RIGHT (CROSS-STEP-CROSS)