



Cowgirl Up !!!

48 count, 4 wall, intermediate level

Choreographer: Levi J. Hubbard (USA) Jan 2003

Choreographed to: Up by Shania Twain

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Note: Start dance on vocals (16 counts from the first words I'm going Up)

VINE (RIGHT), TO A SIDE SHUFFLE, CROSS ROCK-RECOVER, SIDE STEP, STOMP TOGETHER

- 1 Right - Step to side
- 2 Left - Cross step behind right foot
- 3 Right - Step to side
- & Left - Step together
- 4 Right - Step to side
- 5 Left - Cross step (rock) in front of right foot, while slightly lifting right foot off floor
- 6 Right - Lower foot back to floor (recover)
- 7 Left - Step to side (take a slightly bigger step than normal)
- 8 Right - Stomp together (No weight)

FORWARD KICKS, BACK ROCK-RECOVER, HEEL TAPS, 1/4 TURN (RIGHT), TOE TAPS

- 9 Right - Kick forward
- 10 Right - Kick forward
- 11 Right - Step (rock) backwards, while slightly lifting left foot off floor
- 12 Left - Lower foot back to floor (recover)
- 13 Right - Tap heel forward
- 14 Right - Tap heel forward
- & Left - Pivot 1/4 turn right
- 15 Right - Tap toe backwards
- 16 Right - Tap toe backwards

& STEP, HEEL TAPS, 1/4 TURN (RIGHT), TOE TAPS, VINE (LEFT)

- & Right - Step backwards
- 17 Left - Tap heel forward
- 18 Left - Tap heel forward
- & Right - Pivot 1/4 turn right
- 19 Left - Tap toe backwards
- 20 Left - Tap toe backwards
- 21 Left - Step to side
- 22 Right - Cross step behind left foot
- 23 Left - Step to side
- 24 Right - Touch together

ROLLING VINE (RIGHT), HEEL SWITCHES & HOLD

- 25 Right - Turning 1/4 turn right, step forward
- 26 Left - Turning 1/4 right by pivoting on (ball of) right foot, step to side
- 27 Right - Turning 1/4 turn right by pivoting on (ball of) left foot, step backwards
- 28 Left - Turning 1/2 turn right, step forward (you will be facing 1/4 turn left from starting wall)
- 29 Right - Tap heel forward
- 30 Left - Tap heel forward while bringing right foot back in place
- 31 Right - Tap heel forward while bringing left foot back in place
- 32 Hold (for 1 count), while clapping hands together

TUSH PUSH (HIP BUMPS)

- 33 Bump hips to right side
 - 34 Bump hips to right side
 - 35 Bump hips to left side
 - 36 Bump hips to left side
 - 37-38 Roll hips ccw
 - 39-40 Roll hips ccw (weight ends on left foot)
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TOE TOUCH, 1/2 PIVOT TURN (RIGHT), STEP FORWARD, 1/2 PIVOT TURN (RIGHT), STEP TOGETHER, SCUFF & DOUBLE STOMP

- 41 Right - Touch toe backwards
42 On (balls of) both feet pivot 1/2 turn right
43 Left - Step forward
44 On (balls of) both feet, pivot 1/2 turn right
45 Left - Step forward
46 Right - Scuff forward
& Right - Hitch knee up
47 Right - Stomp in place
48 Right - Stomp in place (no weight)
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