

# Cowboy Up



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**Choreographer:** Tonnie Vos

**Level:** Intermediate

**Count:** 34

**Wall:** 4

**Intro:** 8 counts

**Music:** "Cowboy Up" by Thilly Frank

"Cowboy Up" Joni Harms

## **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

## **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(klap in hands) LF step diagonal fw, Rv touch beside lf (klap in hands)  
restart muur 3  
3&4& RF step diagonal bkw, LF touch beside rf(klap in hands) LF step diagonal bkw, Rv touch beside lf (klap 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

## **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 muur 6  
3&4 RF step fw, RF+LF½ 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,

## **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)

## **Mambo Right Side, Recover, Touch**

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

## **Repeat**

**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**

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