

# Cowboy Up

Count: 34

Wall: 4

Level: Intermediate

Choreographer: Tonnie Vos (NL) - May 2017

Music: Cowboy Up - Thilly Frank



Option: Joni Harms – Cowboy Up

Intro :8 counts

**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

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