

Cowboy Up

Count: 48

Wall: 1

Level: Improver

Choreographer: Marleen Roman (BEL) - March 2023

Music: Cowboy Up - Jill Johnson



Intro: 32 - Restart: wall 6 after section 1

Section 1: WALK, WALK, LOCK STEP fwd, ROCK, RECOVER, FULL TURN TRIPLE STEP

1-2-3&4 Walk – walk – step lock step forward

5-6-7&8 Rock forward left – recover right – 360° turn triple step left

Section 2: SIDE, TOGETHER, FULL TURN TRIPLE STEP, SIDE, BEHIND, SIDE SHUFFLE ¼ turn left

1-2-3&4 R Side step - step left together - 360° turn triple step

5-6-7&8 L Side step – right step behind – side shuffle ¼ turn left

Section 3: Out, Out, Coaster Step back, Pivot ¼ turn right, Behind, Side, Cross

1-2-3&4 Right Out – left Out – Coaster step back

5-6- 7&8 Pivot ¼ turn right (step left forward ¼ turn – step right) - Behind – side – cross

Section 4: Rock fwd, Recover, Coaster Step back, Rock fwd, Recover, ½ turn Triple Step

1-2-3&4 Rock right forward – Recover left – Coaster step back

5-6-7&8 Rock left forward – Recover right – triple step ½ turn left

Section 5: Out, Out, Coaster step back, Pivot ¼ turn right, Behind, Side, Cross

1-2-3&4 Right Out – left Out – Coaster step back

5-6- 7&8 Pivot ¼ turn right (step left forward ¼ turn – step right) - Behind – side – cross

Section 6: Rock fwd, Recover, Coaster Step back, Rock fwd, Recover, ¾ turn Triple Step

1-2-3&4 Rock right forward – Recover left – Coaster step back

5-6-7&8 Rock left forward – Recover right – triple step ¾ turn left

If the full turn is too difficult then you can do a “coaster step” in section “1” and a “scissor step” in section “2.”
Have fun.

Last Update - 6 April 2023 - R1