

Cowboy Up

Count: 32

Wall: 2

Level: Beginner / Improver

Choreographer: Sandra Moschel (FR) - 13 November 2024

Music: Cowboy Up - Kaylee Bell



[1-8] Shuffle fwd (R And L) - Shuffle Back (R And L)

1&2 RF forward - LF next to RF - RF forward
3&4 LF forward - LF next to RF - LF forward
5&6 RF back - LF next to RF - RF back
7&8 LF back - LF next to RF - LF back

[9-16] Side Rock - Behind Side Cross - Side Rock - Behind Side Step

1-2 RF to the right with support - Return support LF
3&4 RF behind LF - LF to the left - Cross RF in front of LF
5-6 LF to the left with support - Return support RF
7&8 LF behind RF - RF to right - RF forward

[17-24] Rock fwd - Shuffle 1/2 turn (R) - Rock fwd - Shuffle 1/2 turn (L)

1-2 RF forward with support - Return support LF
3&4 1/4 turn right - RF to right - RF next to RF - 1/4 turn right - RF forward
5-6 LF forward with support - Return support RF
7&8 1/4 turn left - RF to left - RF next to RF - 1/4 turn left - RF forward

[25-32] 1/4 turn (L) Side Point - Hold - 1/4 turn (L) - Side Point - Hold - Switches Heels

1-2 1/4 turn left - Point RF to right - Hold
3-4 1/4 turn left - Point RF right - Hold
5&6& Right heel forward - Right next to left - Left heel forward - Left next to right
7&8& Right heel forward - Right next to left - Left heel forward - Left next to right

Tag :

[1-8] Heel - Hook* - Heel - Flick* (x2) - Scoot (R And L)

1&2& Right heel forward - Cross right in front of left leg - Right heel forward - Flick
3&4& Right heel forward - Cross right in front of left leg - Right heel forward - Flick
5&6 Scoot right
7&8 Scoot left

** Option : Slap

Procedure : 32 - 32 - Tag - 32 - 16 - 32 - Tag - 32 - 32 - 32 - 32