

# Cowboy Up

**Count:** 56

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Barbara Chamberlain (AUS) & Irene Williams (AUS)

**Music:** Cowboy Up - Tania Kernaghan



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## **(2) BRONCO TWISTS RIGHT, (2) BRONCO TWISTS LEFT, CLAP TO SIDE WITH EACH BRONCO TWIST**

- 1-4 Twist on right heel and left toe to right, clap, back to center. Twist on right heel and left toe to right, clap, back to center
- 5-8 Twist on left heel and right toe to left, clap, back to center. Twist on left heel and right toe to left, clap, back to center

## **ROCK, ROCK, (2) ½ TURN SHUFFLES, RIGHT COASTER**

- 1-2-3&4 Rock forward on right, rock back on left, ½ turn to right: step right into turn, step left to right, step right forward
- 5&6 To finish ½ turn. Continue another ½ turn step left back. Right together, back on left-right
- 7&8 Coaster step: step back on right, step left to right, step right forward

## **VINE LEFT, SCUFF RIGHT, VINE RIGHT, STEP LEFT BESIDE RIGHT**

**Option: full turns instead of vine**

- 1-4 Step left to side, step right behind left, step left to side, scuff right
- 5-8 Step right to side, step left behind right, step right to side, step left beside right

## **(2) BRONCO TWISTS RIGHT, (2) BRONCO TWISTS LEFT, CLAP TO SIDE WITH EACH BRONCO TWIST**

- 1-4 Twist on right heel and left toe to right, clap, back to center. Twist on right heel and left toe to right, clap, back to center
- 5-8 Twist on left heel and right toe to left, clap, back to center. Twist on left heel and right toe to left, clap, back to center

## **½ MONTEREY TURN RIGHT, ¼ MONTEREY TURN RIGHT**

- 1-4 Point right toe to side ½ turn on left foot bringing right foot to left, switch weight point left to side then back beside right
- 5-8 Point right toe to side ¼ turn on left foot bringing right foot to left, switch weight point left to side then back beside right

## **ROCK, ROCK, (2) ½ TURN SHUFFLES, RIGHT COASTER**

- 1-2-3&4 Rock forward on right, rock back on left, ½ turn to right: step right into turn, step left to right, step right forward
- 5&6 To finish ½ turn. Continue another ½ turn step left back, right together, back on left-right
- 7&8 Coaster step: step back on right, step left to right, step right forward

## **LEFT HEEL, TOE, BACK, SLAP, STOMP, RIGHT HEEL, TOE, BACK, SLAP, STOMP**

- 1-4 Left heel forward, point left to side, bring up behind right leg and slap with right hand, stomp beside right
- 5-8 Right heel forward, point right to side, bring up behind right leg and slap with right hand, stomp beside right

**REPEAT**

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