

# Cowgirl Up

**COPPER** KNOB  
STEPSHEETS

Count: 32

Wall: 2

Level: Intermediate

Choreographer: Jim Ray (USA) - March 2012

Music: Up! - Shania Twain



**Start: With Vocal**

## STEP BACK TOE HEEL, TOE HEEL, TURN A 1/2 TURN RIGHT, LEFT, RIGHT

- 1 Wt. On Left Foot, Step Right Foot Straight Back , Tap toe
- 2 Step Down On Right Foot
- 3 Step Left Foot Straight Back, Tap Toe
- 4 Step Down On Left Foot
- 5&6 Turn A 1/2 Turn Right Shoulder Back Stepping Right Left, Right

## ROCK STEP LEFT FOOT FORWARD, AND BACK ON RIGHT

- 7 Step Left Foot Forward And Set Wt. On Left Foot ( ROCK )
- 8 Step Back On Right Foot ( STEP )

## TURN A 3/4 TURN LEFT STEPPING LEFT, RIGHT, STEP BACK LEFT, STEP BACK RIGHT, STEP BACK LEFT

- 1 & Turn A 3/4 Turn Left Shoulder Back Traveling Left, Stepping Left, Right
- 2 Step Left Foot Straight Back
- 3 Step Right Foot Straight Back
- 4 Step Left Foot Straight Back

## COASTER STEP

- 5 Step Right Foot Straight Back
- & Step Left Foot Straight Back Together
- 6 Step Right Foot Straight Forward
- 7 Step Left Foot Forward
- 8 Step Right Foot Forward

## LOCK STEPS

- 1 Step Left Foot Forward
- & Slide Right Foot Behind Left Foot ( LOCK )
- 2 Step Left Foot Forward
- 3 Step Right Foot Forward
- & Slide Left Foot Behind Right Foot ( LOCK )
- 4 Step Right Foot Forward
- 5 Step Left Foot Forward
- 6 Pivot A 1/2 Turn Right Shoulder Back Set Wt. On Right

## CONTINUE TURNING A FULL TURN STEPPING LEFT, RIGHT, LEFT

- 7&8 Turn A Full Turn Right Shoulder Back Stepping Left, Right, Left Traveling Forward  
(Alternative:- A Shuffle Forward Left, Right, Left )

## RIGHT GRAPEVINE WITH A 1/4 TURN RIGHT AND STEP, STEP, PIVOT A 1/2, STEP PIVOT A 1/2

- 1 Step Right Foot To The Right Side
- 2 Step Left Foot Behind Right
- 3 Step Right Foot A 1/4 Turn Right
- 4 Step Left Foot Straight Forward
- 5 Step Right Foot Straight Forward

- 6 Pivot A 1/2 Turn Left Shoulder Back Set Wt. On Left
- 7 Step Right Foot Straight Forward
- 8 Pivot a 1/2 Turn Left Shoulder Back Set Wt. On Left

( START OVER )

Contact: [Dancinjim@aol.com](mailto:Dancinjim@aol.com)

---