

# Up or Out

Compte: 32

Mur: 4

Niveau: High Beginner

Chorégraphe: Kim Cabana (USA) - January 2025

Musique: Cowboy Up - Kaylee Bell



Intro: 8 counts

## Alternate Music/Notes:

• This is a very fun dance that goes with many different songs.

You can slow it down or speed it up depending on your preference. It is a great dance to learn if you dance primarily to bands.

## [1 – 8] Right Shuffle Forward, Left Shuffle Forward, Right Rock Recover, Right Coaster Step

- 1 & 2 Step forward on RF, Step LF next RF, Step forward on RF  
3 & 4 Step forward on LF, Step RF next to LF, Step forward on LF  
5, 6 Step forward on RF, Rock backwards on LF  
7 & 8 Step back on RF, Step on LF next to RF, Step forward on RF

## [9 – 16] Step Left Half Pivot, Step Left Half Pivot Turn, Left Kick Ball Change, Left Kick Ball Touch

- 1, 2 Step forward on LF, Make ½ turn to right  
3, 4 Step forward on LF, Make ½ turn to right  
5 & 6 Kick LF forward, step on ball of LF, step on RF  
7 & 8 Kick LF forward, step on ball of LF, touch RF

## [17 – 24] Right, Behind, & Heel & Cross / Left, Behind, & Heel & Cross (Right Heel Jack, Left Heel Jack)

- 1, 2 Step right with RF, Cross LF behind RF  
& 3 & 4 Step right with RF, Touch L Heel at 45-degree angle, Step on FL, Cross RT over LF  
5, 6 Step left with LF, Cross RF behind LF  
7 & 8 Step left with LF, Touch R Heel at 45-degree angle, Step on FL, Cross LF over RF

## [25 – 32] 1/8 Turning Hip Circle to the Left \* 2 (Completing a ¼ turn total to the left), Right Jazz Box

- 1, 2 Touch RF forward, Hip Circle 1/8th to left while changing weight from RF to LF  
3, 4 Touch RF forward, Hip Circle 1/8th to left while changing weight from RF to LF  
5, 6 Crosses RF over LF, Step backwards on LF  
7, 8 Step right with RF, Step together on LF

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