

# Cowboy Up!!!

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Conrad Farnham (USA) - June 2016  
音乐: Cowboy Up - Jill Johnson : (CD: The Woman I've Become)



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## ROCK, RECOVER, COASTER STEP, HEAL FORWARD, ¼ TOE TURN, COASTER STEP

- 1,2,3&4      Rock forward on right, recover on left, step back on right, bring left next to right, step right forward
- 5,6,7&8      Place left heal forward, ¼ turn toes to the left, step back on left, bring right next to left, step left forward

## TRAVELING HIP BUMPS x 2, OUT, OUT, IN, IN

- 1-4      Step right forward and bump hips to the right twice, step left forward and bump hips to the left twice
- 5-8      Step right forward and out, step left forward and out, bring right back to center, bring left back to center

## LINDY, ROCK, RECOVER X 2

- 1&2,3,4      Step right to right side, step left next to right, step right to right side, rock back on left, recover on right
- 5&6,7,8      Step left to left side, step right next to left, step left to left side, rock back on right, recover on left

## ½ TURN LEFT HEAL SWITCHES X 8

- 1-4      Place right heal forward, replace with left forward, replace with right forward, replace with left forward
- 5-8      Place right heal forward, replace with left forward, replace with right forward, replace with left forward

**Begin again**

**No Tags, No Restarts**

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