

Cowboy Up

拍数: 64 墙数: 4 级数: Intermediate/Advanced
编舞者: Monnie Aubry (USA)
音乐: The Likes of Me - Marty Stuart



STEP, BEHIND, STEP, TOUCH (TURN HEAD TO RIGHT)

- 1 Step right foot to right side
- 2 Cross left foot behind right
- 3 Step right foot to right side
- 4 Touch left next to right foot

RIGHT MILITARY TURN (2 TIMES)

- 5 Step left foot forward
- 6 Turn ½ to right
- 7 Step left foot forward
- 8 Turn ½ to right

STEP, BEHIND, STEP, TOUCH (TURN HEAD TO LEFT)

- 9 Step left foot to left side
- 10 Cross right foot behind left
- 11 Step left foot to left side
- 12 Touch right next to left foot

LEFT MILITARY TURN (2 TIMES)

- 13 Step right foot forward
- 14 Turn ½ to left
- 15 Step right foot forward
- 16 Turn ½ to left.

STEP, 2, 3, (SLIDE), TOUCH

- 17 Step forward and slightly to the right with right foot
- 18-19 Slide foot towards right foot (hold hat with right hand)
- 20 Touch left foot next to right foot

STEP, 2, 3, (SLIDE), TOUCH

- 21 Step forward and slightly to the left with left foot
- 22-23 Slide right foot towards left foot (hold hat with left hand)
- 24 Touch right foot next to left foot. (transfer weight to right foot)

STEP, CROSS, STEP, CROSS (DIP ON CROSS STEPS)

- 25 Step left foot to left side
- 26 Cross right foot in front of left & step on ball of right foot (single clap)
- 27 Step left foot to left side
- 28 Cross right foot in front of left & step on ball of right foot. (double clap)

STEP, CROSS, PIVOT ½ TURN

- 29 Step left foot to left side
- 30 Cross right foot in front of left while pivoting on ball of left foot & pivot ½ turn left (single clap)

STEP, CROSS, STEP, CROSS (DIP ON CROSS STEPS)

- 31 Step left foot slightly to left

- 32 Cross right foot in front of left & step on ball of right foot (double clap)
- 33 Step left foot to left side.
- 34 Cross right foot in front of left & step on ball of right foot (single clap)

STEP, ROCK, STEP.

- 35 Step left foot to left side
- 36 Rock back on right foot.
- 37 Step forward on left foot

CROSS, BACK, STEP, TOGETHER, TOUCH (JAZZ BOX WITH TOUCH)

- 38 Cross right foot in front of left foot
- 39 Step back with left foot
- 40 Take a small step to the right with right foot
- 41 Bring left foot together with right foot. (transfer weight to left foot)
- 42 Touch right foot next to left

RIGHT & LEFT & RIGHT & LEFT (TOE TOUCHES) (¼ TURN LEFT TURN)

- 43& Touch right toe to right side; place right foot next to left foot
- 44& Touch left toe to left side; place left foot next to right foot
- 45& Touch right toe forward at a 45 degree angle to the right; place right foot next to left foot. (body turning in left motion)
- 46& Touch left toe forward at a 45 degrees angle to left & bring left next to right immediately while beginning hip rolls.

4 COUNT HIP ROLL

- 47 Roll hips right. (place hands on thighs-steps 47-50). (bend knees slightly)
- 48 Roll hips left
- 49 Roll hips right
- 50 Roll hips left

HEEL, TOE

- 51 Right heel
- 52 Right toe

RIGHT, LEFT, RIGHT, LEFT

- 53 Step right foot forward. (walk on balls of feet lightly with hands on belt area)
- 54 Step left foot forward and knees bent slightly)
- 55 Step right foot forward
- 56 Step left next to right. (transfer weight to left foot)

TOUCH, TOGETHER, TOUCH, TOGETHER

- 57 Touch right foot to right side. (pointing & looking at right foot)
- 58 Bring right foot together next to left
- 59 Touch left foot to left side. (pointing & looking at left foot)
- 60 Bring left foot together next to right.

JUMP, CROSS, UNWIND

- 61 Jump feet apart
- 62 Jump crossing right foot over left. (scissors)
- 63-64 Unwind a full turn left

REPEAT
