

# Cowboy Up

**COPPER KNOB**  
BY STEPHEN HETS

拍数: 48      墙数: 2      级数: Intermediate  
编舞者: Tim Gauci (AUS)  
音乐: Cowboy Up - Jill Johnson : (Album: The Woman I've Become)



**Begin after 16 beats, dance is fast and furious**

## **ROCKING CHAIR, SCUFF, SCOOT, STEP, TWIST R, L, BACK, ROCK, STEP, 3/4 Turn, STEP**

1&2&3&4      Step R fwd, replace weight onto L, step R back, replace weight onto L, scuff R heel fwd, scoot L fwd hitching R, step R fwd  
5&6&7&8      Twist heels to R making  $\frac{1}{4}$  turn L, twist heels to L making  $\frac{1}{4}$  turn R, step R back, replace weight onto L, step R fwd, pivot  $\frac{3}{4}$  to L, step R to R

## **BEHIND, SIDE, ACROSS, SIDE, HEEL, TOG, CROSS, SIDE, BACK, ROCK, 1/4, 1/2, STEP**

1&2&3&4&      Step L behind R, step R to R, step L over R, step R to R, touch L heel at L 45, step L tog, step R over L, step L to L  
5,6,7&8      Step R back, replace weight onto L, step R back making  $\frac{1}{4}$  turn L, step L fwd making  $\frac{1}{2}$  turn L, step R fwd

## **FWD MAMBO, COASTER CROSS, POINT, TOG, POINT, 1/2 TURN, SIDE, ROCK, CROSS**

1&2,3&4      Step L fwd, replace weight onto R, step L back, step R back, step L tog, cross R over L  
5&6&7&8      Touch L toe to L, step L tog, touch R toe to R, making  $\frac{1}{2}$  turn R step R tog (weight on R), step L to L, replace weight onto R, cross L over R

## **SIDE, TOG, SIDE, L SAILOR STEP, CROSS, SIDE, BEHIND, 1/4 TURN, STEP, PIVOT 1/2**

1&2,3&4      Step R to R, step L tog, step R to R, step L behind R, step R to R, step L to L  
5&6&7,8      Step R over L, step L to L, step R behind L, making  $\frac{1}{4}$  turn L step L fwd, step R fwd, pivot  $\frac{1}{2}$  L

## **CROSS, ROCK, SIDE, CROSS, ROCK, SIDE, HIPS R,L,R, 1/4 TURN COASTER STEP**

1&2,3&4      Step R over L, replace weight onto L, step R to R, step L over R, replace weight onto R, step L to L  
5&6,7&8      Bump hips, R,L,R, step L back making  $\frac{1}{4}$  turn L, step R tog, step L fwd

## **STEP, PIVOT 1/2, COASTER STEP, HEEL, TOG, HEEL, HOOK, STEP, LOCK, STEP**

1,2,3&4      Step R fwd, pivot turn  $\frac{1}{2}$  to L (weight remaining on R), step L back, step R tog, step L fwd  
5&6&7&8      Touch R heel at R 45, step R tog, touch L heel at L 45, hook L across R shin, step L fwd, lock R behind L, step L fwd

## **48 BEATS REPEAT DANCE IN NEW DIRECTION**

## **TAG on END of 6th wall, ADD the following facing the front**

1&2,3&4      Step R fwd, replace weight onto L, step R back, step L back, step R over L, step L back  
1&2,3&4      Step R back, step L tog, Step R fwd, step L fwd, lock R behind L, step L fwd

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