

# Cowgirl Up

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Jim Ray (USA) - March 2012  
音乐: 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)

---