

Cowboy Up

拍數: 32 牆數: 4 級數: Improver
編舞者: Trent Duncan (AUS) - November 2024
音樂: Cowboy Up - Kaylee Bell



#8 Count Intro – Start on Lyrics

Section 1 – 1-8: Heel Across, Toe Side, Cross Unwind, R Sailor, L Sailor

1&2& Touch R Heel Across in front of L, Raise & Lower L heel, Touch R toe to R side, Raise & lower L heel
3-4 Touch R across in front of L, Unwind ½ turn L, transferring weight to L (6:00)
5&6 R Sailor – Step R behind L, Step L to L Side, Step R slightly to R side
7&8 L Sailor – Step L behind R, Step R to R side, Step L slightly to L Side

Section 2 – 9-16: R Shuffle Lock Fwd, L Shuffle Lock Fwd, Rock Fwd, ¼ Side Shuffle.

1&2 R Shuffle Lock Fwd – Step R fwd, Lock step L behind R, Step R fwd
3&4 L Shuffle Lock Fwd – Step L fwd, Lock step R behind L, Step L fwd
5-6 Step R fwd, Rock weight back onto L
7&8 Turn ¼ turn R, Shuffle RLR to R side (9:00)

Section 3 – 17-24: Syncopated Weave, 2x Vaudeville, 2x Heel Switches

1&2& Step L across in front of R, Step R to R side, Step L Behind R, Step R to R side
3&4& Step L across in front of R, Step R to R side, Place L heel fwd at 45deg, Step L slightly to L side
5&6& Step R across in front of L, Step L to L side, Place R heel fwd at 45 deg, Step R slightly to R side
7&8& Touch L heel fwd, Step L beside R, Touch R heel fwd, Step R beside L

****Restart (Step Change) – During Wall 4 dance to the end of count 24, The & Count becomes "Touch R beside L" which restarts you to the 12 o'clock wall.**

Section 4 – 25-32: Rock Fwd, ½ Shuffle, 2x ¼ Paddles

1-2 Step L fwd, Rock Weight back onto R
3&4 Turning ½ turn L Shuffle Back LRL over L shoulder (3:00)
5-6 Step R fwd, Paddle a ¼ turn L (rolling hips around anti clockwise) (12:00)
7-8 Step R fwd, Paddle a ¼ turn L (rolling hips around anti clockwise) (9:00)

END OF DANCE

Dance, Have Fun, Enjoy

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