

# Up or Out

拍數: 32      牆數: 4      級數: High Beginner  
編舞者: Kim Cabana (USA) - January 2025  
音樂: Cowboy Up - Kaylee Bell



Intro: 8 counts

**Alternate Music/Notes:**

• This is a very fun dance that goes with many different songs.

You can slow it down or speed it up depending on your preference. It is a great dance to learn if you dance primarily to bands.

**[1 – 8] Right Shuffle Forward, Left Shuffle Forward, Right Rock Recover, Right Coaster Step**

1 & 2      Step forward on RF, Step LF next RF, Step forward on RF  
3 & 4      Step forward on LF, Step RF next to LF, Step forward on LF  
5, 6      Step forward on RF, Rock backwards on LF  
7 & 8      Step back on RF, Step on LF next to RF, Step forward on RF

**[9 – 16] Step Left Half Pivot, Step Left Half Pivot Turn, Left Kick Ball Change, Left Kick Ball Touch**

1, 2      Step forward on LF, Make ½ turn to right  
3, 4      Step forward on LF, Make ½ turn to right  
5 & 6      Kick LF forward, step on ball of LF, step on RF  
7 & 8      Kick LF forward, step on ball of LF, touch RF

**[17 – 24] Right, Behind, & Heel & Cross / Left, Behind, & Heel & Cross (Right Heel Jack, Left Heel Jack)**

1, 2      Step right with RF, Cross LF behind RF  
& 3 & 4      Step right with RF, Touch L Heel at 45-degree angle, Step on FL, Cross RT over LF  
5, 6      Step left with LF, Cross RF behind LF  
7 & 8      Step left with LF, Touch R Heel at 45-degree angle, Step on FL, Cross LF over RF

**[25 – 32] 1/8 Turning Hip Circle to the Left \* 2 (Completing a ¼ turn total to the left), Right Jazz Box**

1, 2      Touch RF forward, Hip Circle 1/8th to left while changing weight from RF to LF  
3, 4      Touch RF forward, Hip Circle 1/8th to left while changing weight from RF to LF  
5, 6      Crosses RF over LF, Step backwards on LF  
7, 8      Step right with RF, Step together on LF

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