

Jills Cowboy Up

拍數: 96 牆數: 4 級數: Intermediate
編舞者: Anne Southway (UK)
音樂: Cowboy Up - Jill Johnson



CHASSE, UNWIND, ROCK, CROSS, SWAY TWICE

1&2 Step right to right side, close left next right, step right to right side
3-4 Cross left foot behind right, unwind ½ turning left
5&6 Rock right to right side, cross right foot in front of left
7-8 Step left to left swaying hips left, sway hips right

COASTER STEP, ROCK, COASTER STEP, UNWIND ½

1&2 Step back on left, step right next left, step forward on left
3-4 Rock right to right side, recover to left
5&6 Step back on right, step left next right, step forward on right
7-8 Cross left foot behind right, unwind ½ turning left

STEP KICK, COASTER STEP, WALK WALK, SAILOR TURN ½

1-2 Step forward on right, kick left foot forward
3&4 Step back on left, step right next left, step forward on left
5-6 Walk forward on right, walk forward on left
7&8 Cross right behind left, step left to left side turning ½ right, step right to place

WALK, WALK, KICK BALL CHANGE, WALK, WALK, WALK CLAP, CLAP

1-2 Walk forward on left, walk forward on right
3-4 Kick left foot forward, step left beside right, step right in place
5-6 Walk forward on left, walk forward on right
7&8 Walk forward on left, clap hands twice

CHASSE, UNWIND, CHASSE, UN-TURN

1&2 Step right to right side, close left next right, step right to right side
3-4 Cross left foot behind right, unwind ½ turning left
5&6 Step right to right side, close left next right, step right to right side
7-8 Cross left foot behind right, unwind ½ turning left

WALK, WALK, KICK BALL CHANGE, WALK, WALK, HOLD; CLAP; CLAP

1-2 Walk forward on right, walk forward on left
3-4 Kick right foot forward, step right beside left, step left in place
5-6 Walk forward on right, walk forward on left
7-8 Hold for a beat, clap hands twice

ROCK, RECOVER, BEHIND, SIDE, CROSS TWICE

1-2 Step right to right side, recover onto left in place
3&4 Step right, behind left, step left to left side, step right across left foot
5-6 Step left to left side, recover onto right in place
7&8 Step left behind right, step right to right side, step left across right foot

TOE TOUCHES TWICE, HEEL TWICE, TOE TWICE, PADDLE TURN, CLAP, CLAP

1& Touch right toe to left instep, step right foot next to left
2& Touch left toe to right instep, step left foot next to right
3& Touch right heel to front, step right foot beside left

- 4& Touch left heel to front, step left foot beside right
- 5& Touch right toe back, step right foot beside left
- 6& Touch left toe back, step left foot beside right
- 7&8 Step forward right, pivot $\frac{1}{4}$ turn left, clap, clap

ROCK, RECOVER, BEHIND, SIDE, CROSS TWICE

- 1-2 Step right to right side, recover onto left in place
- 3&4 Step right, behind left, step left to left side, step right across left foot
- 5-6 Step left to left side, recover onto right in place
- 7&8 Step left behind right, step right to right side, step left across right foot

TOE TOUCHES TWICE, HEEL TWICE, TOE TWICE, PADDLE TURN, CLAP, CLAP

- 1& Touch right toe to left instep, step right foot next to left
- 2& Touch left toe to right instep, step left foot next to right
- 3& Touch right heel to front, step right foot beside left
- 4& Touch left heel to front, step left foot beside right
- 5& Touch right toe back, step right foot beside left
- 6& Touch left toe back, step left foot beside right
- 7&8 Step forward right, pivot $\frac{1}{4}$ turn left, clap, clap

CHASSE TO RIGHT, CHASSE TO LEFT, SHUFFLE $\frac{1}{2}$ TURN RIGHT, COASTER STEP

- 1&2 Step right to right, close left next right, step right to right side
- 3&4 Step left to left, close right next left, step left to left side
- 5&6 Shuffle step $\frac{1}{2}$ turn right, stepping- right, left, right
- 7&8 Step back on left, step right next left, step forward on left

CHASSE TO RIGHT, CHASSE TO LEFT, SHUFFLE $\frac{1}{4}$ TURN RIGHT, COASTER STEP

- 1&2 Step right to right, close left next right, step right to right side
- 3&4 Step left to left, close right next left, step left to left side
- 5&6 Shuffle step $\frac{1}{4}$ turn right, stepping- right, left, right
- 7&8 Step back on left, step right next left, step forward on left

REPEAT

TAG

On wall 3, omit steps 41-48

On wall 4, omit steps 17-48
