

Cowboy Up

拍數: 56 牆數: 4 級數: Intermediate
編舞者: Barbara Chamberlain (AUS) & Irene Williams (AUS)
音樂: Cowboy Up - Tania Kernaghan



(2) BRONCO TWISTS RIGHT, (2) BRONCO TWISTS LEFT, CLAP TO SIDE WITH EACH BRONCO TWIST

- 1-4 Twist on right heel and left toe to right, clap, back to center. Twist on right heel and left toe to right, clap, back to center
- 5-8 Twist on left heel and right toe to left, clap, back to center. Twist on left heel and right toe to left, clap, back to center

ROCK, ROCK, (2) ½ TURN SHUFFLES, RIGHT COASTER

- 1-2-3&4 Rock forward on right, rock back on left, ½ turn to right: step right into turn, step left to right, step right forward
- 5&6 To finish ½ turn. Continue another ½ turn step left back. Right together, back on left-right
- 7&8 Coaster step: step back on right, step left to right, step right forward

VINE LEFT, SCUFF RIGHT, VINE RIGHT, STEP LEFT BESIDE RIGHT

Option: full turns instead of vine

- 1-4 Step left to side, step right behind left, step left to side, scuff right
- 5-8 Step right to side, step left behind right, step right to side, step left beside right

(2) BRONCO TWISTS RIGHT, (2) BRONCO TWISTS LEFT, CLAP TO SIDE WITH EACH BRONCO TWIST

- 1-4 Twist on right heel and left toe to right, clap, back to center. Twist on right heel and left toe to right, clap, back to center
- 5-8 Twist on left heel and right toe to left, clap, back to center. Twist on left heel and right toe to left, clap, back to center

½ MONTEREY TURN RIGHT, ¼ MONTEREY TURN RIGHT

- 1-4 Point right toe to side ½ turn on left foot bringing right foot to left, switch weight point left to side then back beside right
- 5-8 Point right toe to side ¼ turn on left foot bringing right foot to left, switch weight point left to side then back beside right

ROCK, ROCK, (2) ½ TURN SHUFFLES, RIGHT COASTER

- 1-2-3&4 Rock forward on right, rock back on left, ½ turn to right: step right into turn, step left to right, step right forward
- 5&6 To finish ½ turn. Continue another ½ turn step left back, right together, back on left-right
- 7&8 Coaster step: step back on right, step left to right, step right forward

LEFT HEEL, TOE, BACK, SLAP, STOMP, RIGHT HEEL, TOE, BACK, SLAP, STOMP

- 1-4 Left heel forward, point left to side, bring up behind right leg and slap with right hand, stomp beside right
- 5-8 Right heel forward, point right to side, bring up behind right leg and slap with right hand, stomp beside right

REPEAT