Cowboy Up



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Choreographer: Tonnie Vos

Count: 34

Wall: 4

Level: Intermediate

Intro: 8 counts

Music: "Cowboy Up" by Thilly Frank

"Cowboy Up" Joni Harms

Point, Touch, Heel, Hook, Heel, Flick, Heel, Hook, Shuffle Fw, Step Fw, ¼ Pivot R, Cross

1&2&	RF point right , touch toe beside lf, heel dig, hook across lf
3&4&	RF heel dig, flick feet bkw, heel dig , hook across lf
5&6	RF step fw , LF beside rf, RF step fw
7&8	LF step Fw, RF+LF ¼ turn right, LF cross over rf

R-L Step Diagonal Fw, Touch (With Clap), R-L Diagonal Bkw, Touch (With Clap), Vine Right, Vine Left

1&2&	RF step diagonal fw, LF touch beside rf(klap in hands) LF step diagonal fw, Rv touch beside lf (klap in hands) restart muur 3
3&4&	RF step diagonal bkw, LF touch beside rf(klap in hands) LF step diagonal bkw, Rv touch beside lf (klap in hands)
5&6&	RF step right , LF cross over rf, RF step right, LF touch beside rf
7&8	LF step left, RF cross behind lf, LF step left

Rocking Chair, Step Fw, ½ Pivot Left,Step Fw, Rocking Chair, Run Fw L-R-L

1&2&	RF rock forward weight back on lf, RF rock bkw weight back on rf restart muur 6
3&4	RF step fw, RF+LF½ turn left, RF step fw
5&6&	LF rock forward weight back on rf, LF rock bkw weight back on lf
7&8	LF walk fw, RF walk fw, LF walk fw,

2x ¼ Monterey Turn Right, Toe Strut To Right, Toe Strut Across, Toe Strut To Right, Toe Strut Across (snap fingers up and down during toe struts)

1&2&	RF point right, ¼ turn right step beside lf, LF point left step beside rf
3&4&	RF point right, ¼ turn right step beside lf, LF point left step beside rf
5&6&	RF touch toe right, heel back on the floor(snap fingers at ear height), LF touch toe across rf, heel back on the floor (snap fingers at hip height)
7&8&	RF touch toe right, heel back on the floor(snap fingers at ear height), LF touch toe across rf, heel back on the floor (snap fingers at hip height)

Mambo Right Side, Recover, Touch

1&2	RF rock right, weight back on lf, LF touch beside rf

Repeat

Restart wall 3 after 10 counts = count 2& of session 2
Restart wall 6 after 18 counts = count 2& of session 3
**** TAG: end of wall 5 RF Rock bkw, recover, touch toe beside LF***