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| Cowboy Up!!! |  |

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| **Count:** | 32 | **Wall:** | 4 | **Level:** | Beginner | . |
| **Choreographer:** | Conrad Farnham (USA) - June 2016 |
| **Music:** | Cowboy Up - Jill Johnson : (CD: The Woman I've Become) |
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**ROCK, RECOVER, COASTER STEP, HEAL FORWARD, ¼ TOE TURN, COASTER STEP**

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| 1,2,3&4 | Rock forward on right, recover on left, step back on right, bring left next to right, step right forward |

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| --- | --- |
| 5,6,7&8 | Place left heal forward, ¼ turn toes to the left, step back on left, bring right next to left, step left forward |

**TRAVELING HIP BUMPS x 2, OUT, OUT, IN, IN**

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| 1-4 | Step right forward and bump hips to the right twice, step left forward and bump hips to the left twice |

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| --- | --- |
| 5-8 | Step right forward and out, step left forward and out, bring right back to center, bring left back to center |

**LINDY, ROCK, RECOVER X 2**

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| --- | --- |
| 1&2,3,4 | Step right to right side, step left next to right, step right to right side, rock back on left, recover on right |

|  |  |
| --- | --- |
| 5&6,7,8 | Step left to left side, step right next to left, step left to left side, rock back on right, recover on left |

**½ TURN LEFT HEAL SWITCHES X 8**

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| --- | --- |
| 1-4 | Place right heal forward, replace with left forward, replace with right forward, replace with left forward |

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| --- | --- |
| 5-8 | Place right heal forward, replace with left forward, replace with right forward, replace with left forward |

**Begin again**

**No Tags, No Restarts**

**Contact: copperheadlinedancing@gmail.com**