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| --- | --- |
| Cowboy Up! |  |

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| . | | | | | | |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Intermediate/Advanced | . |
| **Choreographer:** | Shannon Finnegan (USA) | | | | |
| **Music:** | Bury the Shovel - Clay Walker | | | | |
| . | | | | | | |

**RIGHT SCUFF, STEP BACK, TWIST & TURN ½ RIGHT, CROSS-BACK-RIGHT, CROSS-BACK-LEFT**

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| --- | --- |
| 1-2 | Scuff the right foot forward and hitch the knee, step back on the right foot into 5th dance position |

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| 3& | With weight on the balls of both foot swivel heels ¼ to the left, then return heels to center |

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| --- | --- |
| 4 | Swivel heels to the left turning ½ turn right (facing 6:00) (Keep weight on the left.) |

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| --- | --- |
| 5&6 | Cross the right foot over the left, step back on the left foot, step right with the right foot |

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| --- | --- |
| 7&8 | Cross the left foot over the right, step back on the right foot, step left with the left foot |

**THREE KICK-CROSS-TOUCHES, TWIST & TURN ¼ LEFT**

|  |  |
| --- | --- |
| 1 | Kick the right foot forward |

|  |  |
| --- | --- |
| &2 | Cross the right foot over the left, touch the left toe out to the left |

|  |  |
| --- | --- |
| 3 | Kick the left foot forward |

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| --- | --- |
| &4 | Cross the left foot over the right, touch the right toe out to the right |

|  |  |
| --- | --- |
| 5 | Kick the right foot forward |

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| --- | --- |
| &6 | Cross the right foot over the left, touch the left toe out to the left |

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| 7& | On the balls of both feet swivel heels to the right, return heels to center |

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| 8 | Swivel heels turn to the right turning ¼ turn left (facing original 3:00) |

**SHUFFLE (LEFT-RIGHT-LEFT), STEP FORWARD, SPIRAL ¾, ROCK LEFT, VINE RIGHT (CROSS-STEP-CROSS)**

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| --- | --- |
| 1&2 | Shuffle forward left-right-left |

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| 3 | Step forward on the right foot |

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| 4 | Pivot ¾ turn left on the ball of the right foot (facing 6:00) |

**During the pivot, leave the left foot in place as long as possible so that you end with the left foot over the right with the ankles crossed**

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| --- | --- |
| 5-6 | Rock to the left on the left foot, recover weight onto the right foot |

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| --- | --- |
| 7 | Cross the left foot over the right |

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| & | Step right with the right foot |

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| 8 | Cross the left foot behind the right |

**JUMPING JACKS (OUT-IN-KICK-CROSS-OUT-IN-KICK-CROSS), JUMP (OUT-IN-OUT-TURN ¼ RIGHT-BACK & STOMP)**

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| --- | --- |
| 1& | Jump out, feet shoulder width apart jump in (weight on the right foot) |

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| --- | --- |
| 2& | Kick the left foot forward, cross the left foot over the right. |

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| --- | --- |
| 3& | Jump out, feet shoulder width apart jump in (weight on the right foot) |

|  |  |
| --- | --- |
| 4& | Kick the left foot forward, cross the left foot over the right. |

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| --- | --- |
| 5& | Jump out with feet shoulder width apart, jump in with feet together |

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| 6& | Jump out with feet shoulder width apart, jump in turning ¼ turn right (bring feet together). |

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| 7& | Jump back on the right foot while touching the left heel forward (heel jack), jump forward on the left foot |

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| 8 | Stomp the right foot next to the left (don't take weight) |

**REPEAT**

**Here is a low impact version of the final 8 counts.**

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| --- | --- |
| 1& | Step right foot to the right side, touch left foot next to right |

|  |  |
| --- | --- |
| 2& | Kick left foot forward, step to the right with the left foot crossing in front of the right |

|  |  |
| --- | --- |
| 3& | Step right foot to the right side, touch left foot next to right |

|  |  |
| --- | --- |
| 4& | Kick left foot forward, step to the right with the left foot crossing in front of the right |

|  |  |
| --- | --- |
| 5& | Touch right toe out to the right side, touch right foot next to left foot |

|  |  |
| --- | --- |
| 6& | Touch right toe out to the right side, pivot ¼ turn right and step right foot next to left |

|  |  |
| --- | --- |
| 7& | Touch left heel forward, step down on left foot next to right foot |

|  |  |
| --- | --- |
| 8 | Stomp the right foot next to the left (don't take weight) |