

# Cowboy Up!!!

**COPPER** KNOB  
STEPSHEETS

**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**

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

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

- 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**

- 1-4            Place right heal forward, replace with left forward, replace with right forward, replace with left forward
- 5-8            Place right heal forward, replace with left forward, replace with right forward, replace with left forward

**Begin again**

**No Tags, No Restarts**

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