

Up or Out

Count: 32

Wall: 4

Level: High Beginner

Choreographer: Kim Cabana (USA) - January 2025

Music: Life's Been Comin' Too Fast - Blake Shelton

or: Cowboy Up - Kaylee Bell



Intro: 40 counts

Tags or Restarts: No Tags / 2 Restarts 1st - Wall 3 after 12 counts 2nd - Wall 7 after 16 counts

Notes:

Life's Been Comin' Too Fast - 128 BPM

Cowboy Up - 110 BPM

Whiskey Kind of Night - 130 BPM

This is a very fun dance that goes with many different songs. You can slow it down or speed it up depending on your preference. It is a great dance to learn if you dance primarily to bands.

[1 – 8] Right Shuffle Forward, Left Shuffle Forward, Right Rock Recover, Right Coaster Step

- 1 & 2 Step forward on RF, Step LF next RF, Step forward on RF
- 3 & 4 Step forward on LF, Step RF next to LF, Step forward on LF
- 5, 6 Step forward on RF, Rock backwards on LF
- 7 & 8 Step back on RF, Step on LF next to RF, Step forward on RF

[9 – 16] Step Left Half Pivot, Step Left Half Pivot Turn, Left Kick Ball Change, Left Kick Ball Touch

- 1, 2 Step forward on LF, Make ½ turn to right
- 3, 4 Step forward on LF, Make ½ turn to right
- 5 & 6 Kick LF forward, step on ball of LF, step on RF
- 7 & 8 Kick LF forward, step on ball of LF, touch RF

[17 – 24] Right, Behind, & Heel & Cross / Left, Behind, & Heel & Cross (Right Heel Jack, Left Heel Jack)

- 1, 2 Step right with RF, Cross LF behind RF
- & 3 & 4 Step right with RF, Touch L Heel at 45-degree angle, Step on FL, Cross RT over LF
- 5, 6 Step left with LF, Cross RF behind LF
- 7 & 8 Step left with LF, Touch R Heel at 45-degree angle, Step on FL, Cross LF over RF

[25 – 32] 1/8 Turning Hip Circle to the Left * 2 (Completing a ¼ turn total to the left), Right Jazz Box

- 1, 2 Touch RF forward, Hip Circle 1/8th to left while changing weight from RF to LF
- 3, 4 Touch RF forward, Hip Circle 1/8th to left while changing weight from RF to LF
- 5, 6 Crosses RF over LF, Step backwards on LF
- 7, 8 Step right with RF, Step together on LF

Contact Info – LD.HowsItStart@gmail.com

Last Update: 16 July 2025 - R2