

# Up or Out

**Count:** 32

**Wall:** 4

**Level:** High Beginner

**Choreographer:** Kim Cabana (USA) - January 2025

**Music:** Cowboy Up - Kaylee Bell

or: Whiskey Kind of Night (feat. Jonny Houlihan) - Kerina Kinch



**Intro:** 8 counts

**Tags or Restarts:** 1 Restart wall 3 after 24 counts (end of the first instrumental)

**Notes:**

**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.

I love listening to independent artists and picked two songs to support that. Many have heard of Kaylee but Kerina is an amazing local talent in the Sacramento area. Please check her out!!

**[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](mailto:LD.HowsItStart@gmail.com)

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