

Cowboy Up

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: High Beginner

Choreographer: Karen Tripp (CAN) - December 2011

Music: Cowboy Up (Radio Version) - Jill Johnson : (Album: Cowboy Up - EP)



Wait: 16 beats, right foot lead

2 SANDSTEPS

- 1-2 Swivel right toe towards left foot (and touch toe), swivel foot out and touch heel
- 3&4 Cross shuffle crossing right in front of left, step left, cross right
- 5-6 Swivel left toe towards right foot and touch toe, swivel foot out and touch heel
- 7&8 Cross shuffle crossing left in front of right, step right, cross left

K-STEP (with claps)

- 9-10 Step right diagonally forward, touch left next to right (clap)
- 11-12 Step left diagonally back, touch right next to left (clap)
- 13-14 Step right diagonally back, touch left next to right (clap)
- 15-16 Step left diagonally forward, touch right next to left (clap)

2 LINDYS

- 17&18 Step side on right, close left to right, step side on right (shuffle)
- 19-20 Rock back on left, recover forward on right
- 21&22 Shuffle to the side, left, right, left
- 23-24 Rock back on right, recover forward on left

JAZZ BOX, JAZZ ¼ TURN

- 25-28 Cross right over left, step back on left, step side on right, step slightly forward on left
- 29-32 Cross right over left, step back on left, turn ¼ turn right and step on right, step slightly forward on left

Dance ends facing front.
