

Up or Out

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Kim Cabana (USA) - January 2025
音樂: Cowboy Up - Kaylee Bell
或: 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.

[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: 7 Jun 2025