

Cowgirl Up!

COPPER KNOB
STEPSHEDS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Levi J. Hubbard (USA)
音樂: Up! - Shania Twain



Start dance on vocals (16 counts from the first words I'm going Up)
This dance is for Windi, Tina H, Tina M, Vickie, Omar, & Elizabeth (My favorite Cowgirls)

VINE (RIGHT), TO A SIDE SHUFFLE, CROSS ROCK-RECOVER, SIDE STEP, STOMP TOGETHER

- 1 Right - step to side
- 2 Left - cross step behind right foot
- 3 Right - step to side
- & Left - step together
- 4 Right - step to side
- 5 Left - cross step (rock) in front of right foot, while slightly lifting right foot off floor
- 6 Right - lower foot back to floor (recover)
- 7 Left - step to side (take a slightly bigger step than normal)
- 8 Right - stomp together (no weight)

FORWARD KICKS, BACK ROCK-RECOVER, HEEL TAPS, ¼ TURN (RIGHT), TOE TAPS

- 9 Right - kick forward
- 10 Right - kick forward
- 11 Right - step (rock) backwards, while slightly lifting left foot off floor
- 12 Left - lower foot back to floor (recover)
- 13 Right - tap heel forward
- 14 Right - tap heel forward
- & Left - pivot ¼ turn right
- 15 Right - tap toe backwards
- 16 Right - tap toe backwards

& STEP, HEEL TAPS, ¼ TURN (RIGHT), TOE TAPS, VINE (LEFT)

- & Right - step backwards
- 17 Left - tap heel forward
- 18 Left - tap heel forward
- & Right - pivot ¼ turn right
- 19 Left - tap toe backwards
- 20 Left - tap toe backwards
- 21 Left - step to side
- 22 Right - cross step behind left foot
- 23 Left - step to side
- 24 Right - touch together

ROLLING VINE (RIGHT), HEEL SWITCHES & HOLD

- 25 Right - turning ¼ turn right, step forward
- 26 Left - turning ¼ right by pivoting on (ball of) right foot, step to side
- 27 Right - turning ¼ turn right by pivoting on (ball of) left foot, step backwards
- 28 Left - turning ½ turn right, step forward (you will be facing ¼ turn left from starting wall)
- 29 Right - tap heel forward
- 30 Left - tap heel forward while bringing right foot back in place
- 31 Right - tap heel forward while bringing left foot back in place
- 32 Hold (for 1 count), while clapping hands together

TUSH PUSH (HIP BUMPS)

- 33 Bump hips to right side
- 34 Bump hips to right side
- 35 Bump hips to left side
- 36 Bump hips to left side
- 37-38 Roll hips to the left
- 39-40 Roll hips to the left (weight ends on left foot)

TOE TOUCH, ½ PIVOT TURN (RIGHT), STEP FORWARD, ½ PIVOT TURN (RIGHT), STEP TOGETHER, SCUFF & DOUBLE STOMP

- 41 Right - touch toe backwards
- 42 On (balls of) both feet pivot ½ turn right
- 43 Left - step forward
- 44 On (balls of) both feet, pivot ½ turn right
- 45 Left - step forward
- 46 Right - scuff forward
- & Right - hitch knee up
- 47 Right - stomp in place
- 48 Right - stomp in place (no weight)

REPEAT
