

Cowboy Up

Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: Barbara Hile

Music: Cowboy Up by Jill Johnson [CD: The Woman I've Become]

Alt. Track: The Woman I've Become by Jill Johnson

16 count intro

3 WALKS FORWARD, HEEL, HEEL, 3 WALKS BACK, STOMP, STOMP

1-2-3&4 Walk forward stepping right, left, right, touch left heel forward twice

5-6-7&8 Walk back stepping left, right, left, stomp right foot twice beside left

STEP, SLIDE, STEP, TOUCH, STEP, SLIDE, STEP, TOUCH

1-2-3-4 Step right to side, slide left beside right, step right to side, touch left together

5-6-7-8 Step left to side, slide right beside left, step left to side, touch right together

DOUBLE HIPS BACK, DOUBLE HIPS FORWARD, SINGLE HIP BUMPS

1-2-3-4 Step right back double hip bumps, step left forward double hip bumps

5-6-7-8 Single hip bumps, back, forward, back, forward

VINE RIGHT, TOUCH, VINE LEFT ¼ LEFT TURN, TOUCH

1-2-3-4 Vine right, touch left together

5-6-7-8 Step left to side, cross right behind left, turn ¼ left turn left forward, touch right together