

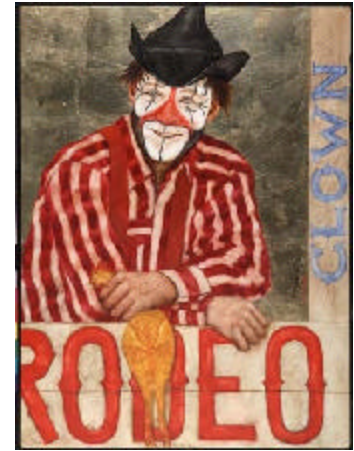
# Cowboy Up!

By Jill Johnson

CD – Lionheart, Cowboy Up Radio Mix

Choreo: Scotty Bilz, CCI

(Intermediate Line)



## Intro: 16

### Part A

Rooster Run DS DS (XIF) B B B B DS DS (XIF) B B B B Bounce Twist R L R up  
 Bounce Twist L R L R L R L R L - R  
 Joe Stamp DS DS Stamp Chug RS (Turn 1/2 R)  
 L R L L LR

**Repeat above to face front**

### Part B

Samantha DS DS Dr S Dr S RS DS DS RS **Repeat**  
 1/2 R L R R L L R LR L R LR

### Part Chorus

Cowboy Up! DS Br S1 RS RS Br S1 RS RS B S1 DS RS (FWD)  
 L R L RL RL R L RL RL R R L RL  
 Pop Mvzik RS S S1 – Clap Punch! S R S DS RS (1/2 L) **Repeat Cowboy UP!**  
 Punch! RL R R L R L R LR

Z Dog Paddle S RS S RS - Backing up B B B Apart Cross (XIF)  
 Jump L RL R LR L R L L - R R  
 Run 3 Jack

### Mega Chorus

Shimmy 360 L SH SH SH SH – Shove heels FWD, Hunker down, turn 360 L  
 Fancy Dbl L-R L-R L-R L-R while swing arm in air – Bull Rider Style!  
 Shimmy 360 L DS DS RS RS - **Repeat shimmy 360 L** DS Knock S Knock  
 3 Knock L R LR LR L R R L  
 S Knock S  
 L R R

Sequence on back ↗

### **Part D**

Vine L-R S S (XIB) S Tch Toe - **Repeat Right Foot**

Push Turn ½ L L R L R

1-2-3 S (XIF) S S RS S S S Tch Toe

3 Step Tch L R L RL R L R L

**Repeat to face front**

### **Break**

4 Shuffles Shuffle L R L R Dr S Dr S Dr S Dr S

4 Drags R L L R R L L R

### **Bridge**

Triple Ankle DS Ds (XIF) DS Dbl-Break (XIB) S S S S S S S - Heel

Run Vine L R L R L R L R L R L R

Stomp Dbl Stomp DS DS RS DS Br Sl DS RS

Rocking Chair R L R LR L R L R LR

### **End**

Kick High BallTch (XIB) Kick S RS Kick (XIF) Kick (OS) S RS

Cotton Eye L L L RL R R R LR

Time Step S RS S RS S DS DS DS RS - **Repeat!**

L RL R LR L R L R LR

### **Sequence:**

A B Chorus Mega-Chorus

A B Chorus Mega-Chorus D Break

Bridge D Chorus Mega-Chorus XZ End!

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