

Cowboy Up!

Choreographer: *Shannon Finnegan*
Description: 32 count, 4 wall, intermediate/advanced line d
Music: **Bury The Shovel** by Clay Walker
Life In The Fast Lane by The Eagles
The Cowboy Way by Travis Tritt

Beats / Step Description

RIGHT SCUFF, STEP BACK, TWIST & TURN ½ RIGHT, CROSS-BACK-RIGHT, CROSS-BACK-LEFT

- 1-2 Scuff the right foot forward and hitch the knee, step back on the right foot into 5th dance position
3& With weight on the balls of both foot swivel heels ¼ to the left, then return heels to center
4 Swivel heels to the left turning ½ turn right (facing 6:00) (Keep weight on the left.)
5&6 Cross the right foot over the left, step back on the left foot, step right with the right foot
7&8 Cross the left foot over the right, step back on the right foot, step left with the left foot

THREE KICK-CROSS-TOUCHES, TWIST & TURN ¼ LEFT

- 1 Kick the right foot forward
&2 Cross the right foot over the left, touch the left toe out to the left
3 Kick the left foot forward
&4 Cross the left foot over the right, touch the right toe out to the right
5 Kick the right foot forward
&6 Cross the right foot over the left, touch the left toe out to the left
7& On the balls of both feet swivel heels to the right, return heels to center
8 Swivel heels turn to the right turning ¼ turn left (facing original 3:00)

SHUFFLE (LEFT-RIGHT-LEFT), STEP FORWARD, SPIRAL ¾, ROCK LEFT, VINE RIGHT (CROSS-STEP-CROSS)

- 1&2 Shuffle forward left-right-left
3 Step forward on the right foot
4 Pivot ¾ turn left on the ball of the right foot (facing 6:00)
During the pivot, leave the left foot in place as long as possible so that you end with the left foot over the right with the ankles crossed
5-6 Rock to the left on the left foot, recover weight onto the right foot
7&8 Cross the left foot over the right, Step right with the right foot, Cross the left foot behind the right

JUMPING JACKS (OUT-IN-KICK-CROSS-OUT-IN-KICK-CROSS), JUMP (OUT-IN-OUT-TURN ¼ RIGHT-BACK & STOMP)

- 1& Jump out, feet shoulder width apart jump in (weight on the right foot)
2& Kick the left foot forward, cross the left foot over the right.
3& Jump out, feet shoulder width apart jump in (weight on the right foot)
4& Kick the left foot forward, cross the left foot over the right.
5& Jump out with feet shoulder width apart, jump in with feet together
6& Jump out with feet shoulder width apart, jump in turning ¼ turn right (bring feet together).
7& Jump back on the right foot while touching the left heel forward (heel jack), jump forward on the left foot
8 Stomp the right foot next to the left (don't take weight)

Smile and Begin Again