

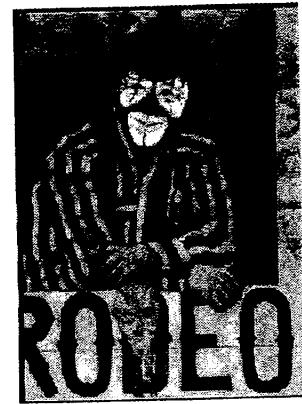
Cowboy Up!

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 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 L R L R LR

Part Chorus

Cowboy Up! DS Br SI RS RS Br SI RS RS B SI DS RS (FWD)
 L R L RL RL R L RL RL R R L RL
 Pop Mvzik RS S SI - 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 BBB 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

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 LRL 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 LRL R L R LR

Sequence:

A B Chorus Mega-Chorus
A B Chorus Mega-Chorus D Break
Bridge D Chorus Mega-Chorus XZ End!

For more cue sheets visit www.scottysclognco.com