

Cowboy Up

Music: Cowboy Up by Jill Johnson (3:49 mins), Album: The Woman I've Become Genre: Country
Choreographed: Karen Tripp, karen@trippcentral.ca (Dec 2015) Tempo: 112 bpm
Level: Basics + Music video: <https://www.youtube.com/watch?v=Lyxlcugg48>

Sequence: Wait 16, AB AB C Break B* End

Wait 16 beats, left lead

PART A (48 beats)

(8) 1 Hit Step Vine L DS HTch(f) S DS HTch(b) S DS HTch(f) S DS RS

(8) 2 Outhouses

Repeat above with opposite footwork and direction, then add:

(4) 1 Triple Kick Fwd

(4) 2 Basic Kicks DS Kk/H

(4) 1 Triple Back

(4) 1 Fancy Double

PART B (48 beats)

(4) 1 Clogover Loop

(4) 1 Stomp Double

Repeat above with opposite footwork and direction, then add:

(16) 2 Cowboys 1/2L ea

(4) 1 Outhouse

(4) 1 Turning Push 1/2R

(8) *Repeat Outhouse & Turning Push 1/2R to face front*

Repeat A: Hit Step Vine, 2 Outhouses, Hit Step Vine R, 2 Outhouses
Triple Kick Fwd, 2 Basic Kicks, Triple Back, Fancy Double

Repeat B: Clogover Loop, Stomp Double, *repeat with right*,
2 Cowboys 1/2L ea
Outhouse, Turning Push 1/2R, Outhouse, Turning Push 1/2R

PART C (72 beats)

(12) 3 Slur Vines DS Slur(xib) S DS RS

(4) 1 Triple (R)

(16) 4 Rocking Chairs 1/4L ea

(8) 2 Pushoffs L&R

(4) 1 Mountain Basic 1/4L (p) Sto DT(b) (1/4L)/H DS RS

(4) 1 Fancy Double

(24) *Repeat Mountain Basic 1/4L and Fancy Double 3X to make a box*

BREAK (32 beats)

(32) Cowboy 1/4L ea (*repeat 3X to make a box*)

Repeat B*: Clogover Loop, Stomp Double, *repeat with right*,
(64 beats) 2 Cowboys 1/2L ea
Outhouse, Turning Push 1/4R, *repeat Outhouse & Turning Push 3X to make a box*

END (25 beats)

(16) 2 Clogover Vines L&R

(8) 1 Cowboy no turn

(1) 1 Stomp L – splay out right hand and flutter fingers

Cowboy Up, choreographed by Karen Tripp

Step breakdown, Page 2

(8)	1 Hit Step Vine	DS L &1	HTch(f) R &	S R 2	DS L &3	HTch(b) R &	S R 4	DS L &5	HTch(f) R &	S R 6	DS L &7	RS RL &8
(4)	1 Outhouse	DS L &1	Tch(ots)/H R/L &2	Tch(xif)/H R/L &3	Tch(ots)/H R/L &4							
(4)	1 Triple Kick		DS L &1	DS R &2	DS L &3	Kk/H R/L &4						
(2)	1 Basic Kick	DS L &1		Kk/H R/L &2								
(4)	1 Triple Back		----move back----	DS R &1	DS L &2	DS R &3	RS LR &4					
(4)	1 Fancy Double	DS L &1	DS R &2	RS LR &3	RS LR &4							
(4)	1 Rocking Chair ¼ L		DS L &1	Br(up) 1/4L/H R/L &2	DS R &3	RS LR &4						
(4)	1 Stomp Double	(p) &	Sto L 1	DS R &2	DS L &3	RS RL &4						
(8)	1 Clogover Vine	DS L &1	DS(xif) R &2	DS(ots) L &3	DS(xib) R &4	DS(ots) L &5	DS(xif) R &6	DS L &7	RS RL &8			
(8)	1 Cowboy ½ Left		----- moving forward -----	DS L &1	DS R &2	DS L &3	BrUp (1/2L)/H R/L &4	DS(xif) R &5	RS LR &6	RS LR &7	RS LR &8	----- moving back -----
(4)	1 Slur Vine	DS L &1	Slur(xib) R &	S R 2	DS L &3	RS RL &4						
(4)	1 Mountain Basic 1/4L	(p) &	Sto L 1	DT(b) (1/4L)/H R/L &2	DS R &3	RS LR &4						

Abbreviations

b: Back
 Br(up): Brush Up
 DS: Double Step
 DT: Double Toe
 f: Front
 H: Heel click
 H(tch): Heel touch
 Kk: Kick leg out in front

Lift: Bend knee and lift leg
 Loop: Loop foot around
 behind standing leg
 (p): Pause
 ots: Out to side
 RS: Rock Step
 S: Step
 Sl: Slide forward

Sto: Stomp (with weight)
 Slur: Drag toe behind
 T: Toe
 TH: Toe Heel
 Tch: Touch
 (w): With Weight
 xib: Cross in back
 xif: Cross in front