



## Cowboy Up

Choreographed by Barbara Hile

**Description:** 32 count, 4 wall, beginner line dance

**Music:** **Cowboy Up** by Jill Johnson [CD: The Woman I've Become / Available on iTunes]

**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, touch left heel forward

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 side, slide left beside right, step right side, touch left together

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

### **REPEAT**

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