

## **COWBOY UP** – danced to:

Cowboy Up – Jill Johnson

Walk forward starting with right foot (right, left, right), then stomp left foot twice very quickly (double time);

Walk backward starting with left foot (left, right, left), then stomp right foot twice very quickly (double time);

Step out to right (step, together, step, touch);

Step out to left (step, together, step, touch);

Step back on right foot and thrust hips two times slow and four times fast;

Grapevine to right;

Grapevine to left with  $\frac{1}{4}$  turn to the left;

Repeat.