

COWBOY UP

Level: Intermediate Plus Genre: Country
Artist: Kaylee Bell
Choreo: The Nicholson's Ph: 02 4392 2411
Speed: Normal Length: 2.44
Sequence: A, B, C, A*, B, C*, B, B*, C, END
WAIT: 8 Beats



Quick Cues

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PART A: 64 beats

8 Stamp Run and Skuff
8 Gregory Basic Brush (1/4 L)
48 REPEAT 3 TIMES

PART B: 48 beats

8 Heel Toe Windmill
4 Hop Touch and Pull
4 Triple Ankle Roll (Rft)
8 Lori WC
8 Appalachian
12 Simone Up and Out
4 Double Basic & Clap

PART C: 8 beats

4 Rat a Tat
4 Step Running Doubles

PART A*: 32 beats

8 Stamp Run and Skuff
8 Gregory Basic Brush (1/2 L)
16 REPEAT

PART B: 48 beats

8 Heel Toe Windmill
4 Hop Touch and Pull
4 Triple Ankle Roll (Rft)
8 Lori WC
8 Appalachian
12 Simone Up and Out
4 Double Basic & Clap

PART C*: 16 beats

4 Rat a Tat (1/4 L)
4 Step Running Doubles (1/4 L)
8 REPEAT

PART B: 48 beats

8 Heel Toe Windmill
4 Hop Touch and Pull
4 Triple Ankle Roll (Rft)
8 Lori WC
8 Appalachian
12 Simone Up and Out
4 Double Basic & Clap

PART B*: 16 beats

12 Simone Up and Out
4 Double Basic & Clap

PART C: 8 beats

4 Rat a Tat
4 Step Running Doubles

END: 1 beat

1 Step (point left hand out to side)



Step Definitions - COWBOY UP (Kaylee Bell) - Choreo: The Nicholson's

STAMP RUN & SKUFF:

DS STA H STA H BA(OTS) BA(XIB) BA(OTS) SK HOP BA SK HOP BA BA DBL-BA TCH
L R L R L R L R L R L R L R L R R L
&1 & 2 & 3 & 4 & a 5 & a 6 & 7 e& a 8

GREGORY BASIC BRUSH: (In this dance turn between &1 - &a4 as directed)

DS TCHH(OTS) LIFT/(CLK H'S) BA BA(BK) BA BA TCHH(OTS) LIFT/(CLK H'S) BA BA(BK)
L R L / R R L R L R L / R R L
&1 e & a 2 & 3 e & a 4
BA S DS RS BR H
R L R LR L R
& 5 &6 &7 & 8

HEEL TOE WINDMILL:

DS TCHH(F) H TT(OTS) H BR(XBA) H BR(XBA) H BR H TCH(XIF) SL/SL DR/DR LIFT/SL
L R L R L R L R L R L R L /R L/R L /R
&1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

HOP TOUCH & PULL:

BA TT(BK) HOP BA TT(BK) HOP R(BK) S(BK) PULL-S(BS)
L R L R L R L R L L
& a 1 & a 2 & 3 & 4

TRIPLE ANKLE ROLL:

DS DS DT(XIF) BA(XIF)/FLA FLA/BA(XIB) LIFT/S
R L R R / L R /L L/R
&1 &2 & 3 & 4

LORI WC:

DS DT H RS R(OTS) S DT(XIF) FLA/BA(XIF) (P) BA SLR(X) S RS
L R L RL R L R L /R L R R LR
&1 & 2 &3 & 4 & 5 & 6 & 7 &8

APPALACHIAN:

DS-DR S S-DR S S DS DS DS RS
L L R L L R L R L R LR
&1 & 2 & 3 & 4 &5 &6 &7 &8

DOUBLE BASIC & CLAP:

DS DS [R S] (JMP BK) (P) CLAP
L R L R
&1 &2 & 3 & 4

SIMONE UP & OUT:

DT(BK) SL BR SL TCH(XIF) SL TCH(XIF) SL TCH(F) SL TCH(XIF) SL TCH(F) SL
L R L R L R L R L R L R
& 1 & 2 & 3 & 4 & 5 & 6 & 7
DT-SL/SL DR/DR SL/LIFT-DS RS BR H
L L/R L/R L/R R LR L R
& 8 & 9 &10 &11 & 12

RAT-A-TAT:

(P) BA DBL-BA(XIF) BA(XIB) BA(BS) BA DBL-BA(XIF) BA(XIB) BA(BS)
L R R L R L R R L R
& 1 e& a 2 & 3 e& a 4 &

STEP RUNNING DOUBLES: (In this dance (P) may be replaced by last beat of previous step)

(P) BA DBL-BA DBL-BA DBL-BA TCH-LIFT/SL
L R R L L R R L L/R
& 1 e& a 2e & a3 e & 4