

Cowboy Up!:

Artist: Jill Johnson

Chore: Scotty Bilz (mod by Staci Larson for Demo)

Level: Intermediate Plus

Lead: Left foot

Wait: 16 count

Part A 2 Rooster Runs (8)
1 Twisty Basic (1/2 L) (4)
1 Slip & Slide Basic (4)

Repeat to Front

Part B 1 Bo Weevil (8)
1 Samantha (8)

Chorus 1 Cowboy Up! (8)
(#1) 1 Basic (2)
1 Pop Music Punch (1/2L)(6)
1 Cowboy Up! (8)
2 Z Dog Paddles (4)
1 Jog 3 Jack (1/2 L) (4)

Chorus 1 Shimmy 180° L (4)
(#2) 1 Fancy Double (4)

Repeat

Part A 2 Rooster Runs (8)
1 Twisty Basic (1/2 L) (4)
1 Slip & Slide Basic (4)

Repeat to Front

Part B 1 Bo Weevil (8)
1 Samantha (8)

Chorus 1 Cowboy Up! (8)
(#1) 1 Basic (2)
1 Pop Music Punch (1/2L)(6)
1 Cowboy Up! (8)
2 Z Dog Paddles (4)
1 Jog 3 Jack (1/2 L) (4)

Chorus 1 Shimmy 180° L (4)
(#2) 1 Fancy Double (4)

Repeat

Part C 1 Wicki Run (8)
1 Traveling Slur (1/2 L) (8)
1 Wicki Run (8)
1 Traveling Slur (1/2 L) (8)
4 Drags (4)
1 Utah Basic (4)

Part D 1 Baby (4)
1 Fancy Double (4)
2 Joeys (8)

Repeat

Part C 1 Wicki Run (8)
1 Traveling Slur (1/2 L) (8)
1 Wicki Run (8)
1 Traveling Slur (1/2 L) (8)
4 Drags (4)
1 Utah Basic (4)

Chorus 1 Cowboy Up! (8)
(#1) 1 Basic (2)
1 Pop Music Punch (1/2L)(6)
1 Cowboy Up! (8)
2 Z Dog Paddles (4)
1 Jog 3 Jack (1/2 L) (4)

Chorus 1 Shimmy 3/4 L (4)
(#3) 1 Fancy Double (4)

Repeat 3X

POINT and SHOOT

Cowboy Up! – Step Breakdown

SAMANTHA (8)

DS	DS(xif)	DRAG	STEP(xib)	DRAG	STEP(xib)	BALL(ib)	STEP	DS	DS	BS
L	R	R	L	L	R	L	R	L	R	L
&1	&2	&	3	&	4	&	5	&6	&7	&8

ROOSTER RUN (4) (moving left) (aka Vine Over Jog)

DS	DS(xif)	BALL(os)	BALL(xib)	BALL(os)	STEP(xif)
L	R	L	R	L	R
&1	&2	&	3	&	4

TWISTY BASIC (4)

DT	TWIST(heels to L)	TWIST(heels to R)/TAP	L/C	DS	RS
L	BOTH	BOTH/L	L/R	L	R/L
&	1	&	2	&3	&4

SLIP & SLIDE BASIC (4)

DT	BALL/TAP	BALL/TAP	L/C	DS	RS
R	R/L	L/R	R/L	R	L/R
&a	1	&	2	&3	&4

FANCY DOUBLE (4)

DS	DS	RS	RS
L	R	L/R	L/R
&1	&2	&3	&4

BO WEEVIL (8)

DS	DS	CLICK*DROP	CLICK*DROP	RS	DS	DS	RS
L	R	BOTH	BOTH	L/R	L	R	L/R
&1	&2	&	3	&	4	&5	&6

*click: put weight on heels, click toes together midair, then drop toes

COWBOY UP! (8)

DS	BR	SL	RS(if)	RS(if)	BR	SL	RS(if)	RS	BALL	SL
L	R	L	R/L	R/L	R	L	R/L	R/L	R	R
&1	&	2	&3	&4	&	5	&6	&7	&	8

POP MUSIC PUNCH (6)

RS	STEP(clap)	SL(punch!)	[p]	STEP	RS	DS	RS
R/L	R	R		L	R/L	R	L/R
&1	&	2	&	3	&4	&5	&6

Z DOG PADDLES (2) (backing up)

SL	STEP	RS
R	L	R/L
&	1	&2

JUMP RUN 3 JACK (4)

BALL	BALL	BALL	JUMP(apart)	CROSS PIVOT(1/2)
L	R	L	L/R	R(xif)/L BOTH
1	&	2	&	3 4

SHIMMY* 180° (4) (turn degrees as cued 180° or 270°)

SH	SH	SH	SH	*Shove heels FWD, hunker down, turn degrees cued, lasso arm
BOTH	BOTH	BOTH	BOTH	
&1	&2	&3	&4	

WICKI RUN (8)

DS	RS(ots)	RS(xif)	HOP/K(ots)	BO	[p]	BO	H(if)/BO	L/C	DS	DS
L	R/L	R/L	L/R	L/R(r xib l)		BOTH(heels out)	L/R	L/R	L	R
&1	&2	&3	&	4	&	5	&	6	&7	&8

TRAVELING SLUR (8) (turn 1/2 L)

DS/SLR(toe drag to front)	BALL	BALL	S/SLR(toe drag to front)	BALL	BALL	S/SLR(pivot L)	CHUG	DS	RS
L/R	R	L	R/L	L	R	L/R	R	R	L/R
&1		2	&	3	4	&	5	6	&7

UTAH BASIC (4)

DS	DT(b)	L/C	DS	BS
L	R	R/L	R	L/R
&1	&	2	&3	&4

JOEY (4)

DS	BALL(xib)	BALL(ots)	BALL(ots)	BALL(fwd)	BALL(xib)	STEP
L	R	L	R	L	R	L
&1	&	2	&	3	&	4

BABY (4)

DS	DT(xif)	STEP/BREAK ANKLE	[p]	BALL/DIG	BALL/DIG	L/S
L	R	R/L		L/R	L/R	R/L
&1	&a	2	&	3	&	4