



Cowboy Up!

(a.k.a. KMA)

Choreographed by Shannon Finnegan

Description: 32 count, 4 wall, intermediate/advanced line dance

Musique: **Bury The Shovel** by Clay Walker [204 bpm / Hypnotize The Moon / Available on iTunes]

Life In The Fast Lane by The Eagles [140 bpm / The Very Best Of The Eagles / Available on iTunes]

The Cowboy Way by Travis Tritt [The Cowboy Way Soundtrack]
Start dancing on lyrics

RIGHT SCUFF, STEP BACK, TWIST & TURN $\frac{1}{2}$ RIGHT, CROSS-BACK-RIGHT, CROSS-BACK-LEFT

- 1-2 Scuff the right foot forward and hitch the knee, step back on the right foot into 5th dance position
- 3& With weight on the balls of both foot swivel heels $\frac{1}{4}$ to the left, then return heels to center
- 4 Swivel heels left turning $\frac{1}{2}$ turn right (facing 6:00) (Keep weight on the left.)
- 5&6 Cross the right foot over the left, step left back, step right with the right foot
- 7&8 Cross the left foot over the right, step back on the right foot, step left with the left foot

THREE KICK-CROSS-TOUCHES, TWIST & TURN $\frac{1}{4}$ LEFT

- 1 Kick right forward
- &2 Cross the right foot over the left, touch the left toe out to the left
- 3 Kick left forward
- &4 Cross the left foot over the right, touch the right toe out to the right
- 5 Kick right forward
- &6 Cross the right foot over the left, touch the left toe out to the left
- 7& On the balls of both feet swivel heels to the right, return heels to center
- 8 Swivel heels turn to the right turning $\frac{1}{4}$ turn left (facing original 3:00)

SHUFFLE (LEFT-RIGHT-LEFT), STEP FORWARD, SPIRAL $\frac{3}{4}$, ROCK LEFT, VINE RIGHT (CROSS-STEP-CROSS)

- 1&2 Chassé forward left, right, left
- 3 Step right forward
- 4 Pivot $\frac{3}{4}$ turn left on the ball of the right foot (facing 6:00)
During the pivot, leave the left foot in place as long as possible so that you end with the left foot over the right with the ankles crossed
- 5-6 Rock to the left on the left foot, recover weight onto the right foot
- 7 Cross the left foot over the right
- & Step right with the right foot
- 8 Cross the left foot behind the right

JUMPING JACKS (OUT-IN-KICK-CROSS-OUT-IN-KICK-CROSS), JUMP (OUT-IN-OUT-TURN $\frac{1}{4}$ RIGHT-BACK & STOMP)

- 1& Jump out, feet shoulder width apart jump in (weight on the right foot)
- 2& Kick the left foot forward, cross the left foot over the right.
- 3& Jump out, feet shoulder width apart jump in (weight on the right foot)
- 4& Kick the left foot forward, cross the left foot over the right.
- 5& Jump out with feet shoulder width apart, jump in with feet together
- 6& Jump out with feet shoulder width apart, jump in turning $\frac{1}{4}$ turn right (bring feet together).
- 7& Jump back on the right foot while touching the left heel forward (heel jack), jump forward on the left foot
- 8 Stomp the right foot next to the left (don't take weight)

REPEAT

Here is a low impact version of the final 8 counts.

- 1& Step right to side, touch left together
 - 2& Kick left forward, step to the right with the left foot crossing in front of the right
 - 3& Step right to side, touch left together
 - 4& Kick left forward, step to the right with the left foot crossing in front of the right
 - 5& Touch right toe out to the right side, touch right foot next to left foot
 - 6& Touch right toe out to the right side, pivot $\frac{1}{4}$ turn right and step right foot next to left
 - 7& Touch left heel forward, step down on left foot next to right foot
 - 8 Stomp the right foot next to the left (don't take weight)
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